BOTANOLOGIA.

THE

Britiſh Phyſician:

OR,

The NATURE and VERTUES OF ENGLISH PLANTS.

Exactly deſcribing ſuch Plants as grow Naturally in our Land, with their ſeveral Names, Greek, Latine, or Engliſh, Natures, Places where they grow, Times when they flouriſh, and are moſt proper to be gathered; their degrees of Temperature, Applications and Vertues, Phyſical and Aſtrological Uſes, treated of; each Plant appropriated to the ſeveral Diſeaſes they cure, and directions for their Medicinal Uſes, throughout the whole Body of Man; being moſt ſpecial helps for ſudden Accidents, Acute and Chronick Diſtempers.

By means whereof People may gather their own Phyſick under every Hedge, or in their own Gardens, which may be moſt conducing to their Health; ſo that obſerving the direction in this Book, they may become their own Phyſicians: For what Climate ſoever is ſubject to any particular Diſeaſe, in the ſame Place there grows a Cure.

With two exact Tables, the one of the Engliſh and Latine Names of the Plants; the other of the Diſeaſes, and Names of each Plant appropriated to the Diſeaſes, with their Cures.

By ROBERT TURNER, *Botanolog. Stud.*

London, Printed by *R. Wood* for *Nath. Brook*, at the Angel in *Cornhill*, 1664.

Viro optimo

Prudentiâ ſpectatiſſimo, omnique Virtutum genere Cumulatiſſimo

Richardo Chawortho, Equiti Aurato,

Legum Doctori, (Nec non Reverendiſſimo in Chriſto Patri Domino *Gilberto*, Providentiâ Divinâ, *Cantuar.* Archi-Epiſcopo, totiuſque *Angliæ* Primati & Metropolitano,

ET

Reverendo in Chriſto Patri *Humfredo*, permiſſione Divinâ, *London.* Epiſcopo)

In Cancellarium merito ac ritè cooptato,

Hanc ſuam Botanologiam,

Robertus Turnerus

Summo ſuæ erga eum obſervantiæ indicio, & utilitatis publicæ deſiderio, Patrociniique ſpe exoptatiſſimi, piè ſubmiſſéque

Dat, Dicat, Dedicat.

To the READER.

Reader,

THere are now ſome few Years overpaſt ſince I laſt appeared publick amongſt you; yet I cannot think my ſelf quite forgotten and obliterated out of your Memories, or at leaſt of ſome of you, by whom I preſume I have been often *read*, though not ſeen: Give me leave after ſome ſilence to trouble you once more; and I doubt not after you have well conſidered the ſubject, you will eaſily diſpence with the trouble and pains I give you; finding that vanquiſhed by the pleaſure and profit you will reap by it: For if the Axiom be true, as undoubtedly it is, that three things principally concurre as the moving cauſes in the atchievement of

of every Action, viz. *Pleaſure*, *Profit*, and *Honeſty*, you will finde them all conſpired together in the Enterprize of this Work: A Work perchance, which at firſt bluſh will be by ſome (eſpecially by thoſe of the *Romantique Phyſicians* Tribe) cenſured as ſuperfluous; and by others objected againſt as not copious enough for their thoughts, although too perfect and compleat for their practice: they may both eaſily be anſwered, and if they will ſoberly conſider it, the Book it ſelf ſufficiently anſwers all objections may be made againſt it; there being compendiouſly contained in it the compleat body of Medicinal Vegetables; the ſeveral names both Latine, Greek, and Engliſh; the degrees of Temperature, whereby their Nature and Faculties are known and diſtinguiſhed of all ſuch Herbs, Plants, Seeds, Fruits, and Roots as are uſeful in Phyſick, whether naturally growing in *England*, or common to be had at our Druggiſts and Apotheca-

ries Shops: ſo that when I tell you the Vertues of Fruits or Drugs which grow in the Eaſt or Weſt Indies, I do not bid you go thither and fetch them; the more induſtrious Merchant hath ſaved you that labour, and brought them home to your Doors. And this hath not been exactly performed by any Engliſh Phyſician in ſuch a Method before.

I have likewiſe ſet down to many Plants the Aſtral influence aſſigned unto them by Aſtrologers: thoſe that are ſtudious in that Science may ſoon acquaint themſelves with the reſt, which I have willingly omitted; having to every Plant laid down the Degrees of the Temperature thereof, whereby the Nature, Vertue, or Danger thereof is eaſily known: and indeed he fell a great deal too ſhort, that pretends he ſtudied to finde a reaſon why ſuch a Herb cured ſuch a Diſeaſe, and concludes he found it in (the ſecondary Cauſe I grant) the Stars; but if he would have added a little

little Chriſtianity to his ſtudy, it would have raiſed his Contemplation higher, and he would have found the true reaſon and primary Cauſe to have come from above the Stars, from him that gave the Stars their Vertues; and concluded with the ſame reaſon that the Heathen Poet did, touching the Creation of the World, and the Stars themſelves,

Sic onus incluſum numero diſtinxit eodem
Cura Dei.———
Even ſo it ſeem'd to the Creator beſt.

Nevertheleſs let us give the Stars their due, and all the candid and ingenious Students and Contemplators of their Celeſtial Vertues and Influences; but let us not abuſe them, and diſhonour the Creator of all, as the ſpurious *Sigillators*, and *Taleſmen*, or *Teleſmemongers* do. Let us likewiſe be thankful unto Almighty God for thoſe bleſſings he hath beſtowed upon us, in enduing the Plants and Graſs of the Field with ſuch ſalubrious Faculties for our health and preſervation; but let us

not

not offer Sacrifices unto them, and ſay Charms over them as the *Druids* of old, and other Heathens; and ſo do ſome Cacochymiſts, Medean Hags, and Sorcerers now adayes; who not contented with the lawful uſe of the Creatures, out of ſome Diabolical intention, ſearch after the more *Magical* and occult Vertues of Herbs and Plants to accompliſh ſome wicked ends; and for that very cauſe King *Hezekiah* fearing leſt the Herbals of *Solomon* ſhould come into prophane Hands cauſed them to be burned.

God hath imprinted upon the Plants, Herbs, and Flowers, as it were in Hieroglyphicks, the very ſignature of their Vertues; as the learned *Grollius* and others well obſerve: as, the Nutmeg being cut, reſembles the Brain, the *Papaver Erraticum*, or red Poppey flower, reſembleth at its bottom the ſettling of the Blood in the Pluriſie; and how excellent is that flower in Diſeaſes of the Pluriſie and Surfeits,

hath

hath ſufficiently been experienced. In the *Heliotrope* and *Marigold*, Subjects may learn their duty to their Sovereign; which his Sacred Majeſty King *Charles* the Firſt mentions in his Princely Meditations, walking in a Garden in the *Iſle of Wight*, in the following Words, viz.

The Marigold obſerves the Sun
More then my Subjects me have done, &c.

Reader I ſhall not trouble you any longer without doors, but onely give you one advertiſement by the way, and conclude. The Book, for the more ready finding any Plant you would look for in it, is compoſed according to the order of the Letters in the Alphabet; and beſides an Alphabetical Table of each Plant contained in the Book: Now becauſe one Plant may have ſeveral appellations, when you look for any one in the Table in the page of the Book which you are directed to, perhaps you may not finde the ſame name in the Title of the Plant there treated of; then

do

do but caſt your eye to the Names under the Deſcription of the Plant you finde in that Page you are directed to, and there you will finde the Plant here deſcribed called by the ſame name you look for. I ſhall at preſent ſay no more, but wiſh this Book, and the Students therein happy ſucceſs, and their deſires both in pleaſure and profit; ſubſcribing my ſelf

Reader,

Your devoted Friend,

Robert Turner.

Chriſtopher Alley in St. Martins le Grand, London. 23. March, 166¾.

To his Eſteemed Friend Mr. Robert Turner, *on this his Excellent and Uſeful Treatiſe, entituled,* BOTANOLOGIA.

OUr *Age* hath been with *Books* ſo fully *Bleſt*,
And *Arts* and *Learning* have advanc'd their *Creſt*
So *high* therein; a *Thouſand Years* before
Hath not produc'd [in *Engliſh*] *Equal Store*:
And ſhould we judge of th' *Study*, *Brain*, or *Wit*,
Fancy, and whatſoe're appends to *it*,
Of *Former Times*, and theſe our *Preſent Dayes*,
And to the *beſt deſerving* give the *Bayes*;
Antiquity muſt ſtrike its ſail, and ſay,
This *Age Arts* trueſt *Honour* doth enjoy!
The *Muſes Sons* here purchaſe all *anew*,
Their *Trebled-trials vouch* their *Studies* true:
No *Antick Crutches* yields *Support* to *them*;
Their *Grandſires* Knowledge gives no *Diadem*!
As *Poets*, ſo an *Herbariſt*, is *Born*;
Without *Celeſtial Succour*, he's a *Scorn*:
Not all the *Acquiſitions Schools* can lend,
Will make *True Science* a poor *Mortal's* Friend!
Yet where both *Art* and *Nature* do *unite*,
In *one Phyſician*; —*He's the onely Wight*!
And thus 'tis here: — *Our Author* hath for *Friend*,
Not onely *Learning*; which doth aptly lend
Wings to *Induſtry*: — But *Nature* too,
Hath given him *Stars*, *Great Things* in *Arts* to do.

In's

In's *Book* he hath a *Method* plain devis'd,
All parts of it, so curiously compriz'd;
That *Vulgar men*, which have but *skill* to *read*,
May be their *own Physicians* at *need*:
The *better sort* are hereby taught, how all
Things springing from *Earths Bowels*, safely shall
By *Love* or † *Hatred*, [as the *Stars* dispose] † *Sympathy &*
Each *Sickness cure*, that in the *Body* grows. *Antipathy.*
Learned Physicians, (whose better hands
And *Brains* are subject unto *Fates Commands*)
Who have the *Fortune*, [maugre all their skill]
As many *Patients*, for to *suffer ill*;
As (ever) *finde a Cure!* —Let *them* but look
With *serious Aspect* o're this *Learned Book*;
They'l finde the *Cause* of their *Unhappiness*,
And unto *safer means* themselves *Address*.
Let's then the *Author thank*, who thus imparts
(For *publick good*) these *secret useful Arts*:
And when we *Read him*, wish *All Men* as *free*,
As *Learn'd* and *Able* (that shall *write*) as *He*.

John Gadbury, Φιλομαθηματικος.

Ad Lectorem in laudem Operis, & Authoris Εξαστιχον.

Consere nunc Hortum Lector tibi candide lætum,
Unde ægrotantem tu medicare queas.
Turneroque *tuo grates persolve, quod Herbas*
Expertus, quicquid profuit arte canat.
Perge igitur Turnere, *tuum nomenque per Orbem*
Sparge Libris, raras pande salutis opes.

Jo. Bo. Βοτανοφίλος.

To the Author upon his uſeful and excellent BOTANOLOGIA, *or*, The Britiſh Phyſician.

FOr th' Sea-encompaſt *Little World* [our Iſle]
A flowery Wreath your fragrant Leaves compile;
Her ſecret (and reſerved) worth you ſing,
The precious Herbs o'th' odoriferous Spring,
Prove *Antick dayes*, had reaſon good to ſtile
(Long ſince) *Britannia*, the *Happy Iſle*.
I once admir'd, yet wonder now no more,
Old *Rome's* ambitious *Eagles* ſtorm'd our Shore;
That *Picts* from Mountains periwigg'd with Snow,
Infeſt a Region where ſuch *Simples* grow;
That treacherous *Saxons* ſack what *Picts* did ſpare,
And from *Sea-Rovers* turn our Land to ſhare;
That the encroaching irreligious *Dane*
Shov'd the uſurping *Saxon* down again;
That the audacious *Norman* did lay down
A meaner *Ducall* for a *Regall* Crown.
Let not tann'd *Africk* boaſt ſhe Wealth doth hide,
Nor ſwelling *Aſia*, [the firſt Nurſe of Pride]
Nor the yet-barbarous *New World* Roots unfold,
Weeds and Diſeaſes to confound the *Old*;
Our *World* (our *Iſle* but ſearcht) affordeth ſtore
'Gainſt moſt of *Natures* foes. If we need more,
You ſhew the Vertue; you the worth commend
Of *Drugs* ſoft *Aſia*, *Drugs* ſcorcht *Africk* ſend;
Drugs our politer *Europe*, *Drugs* that home
From that great *Monarch*, remote Nations come;
From ſome of whom kinde *Phœbus* goes not down,
But's never diſcontinued Rayes do crown.

March 10. 1663.

William Smith, late of *Clare-Hall*, *Cantbr.*

To my truly Ingenious Friend Mr. Robert Turner, *upon his well accompliſhed* Botanologia ; *or,* The Britiſh Phyſician.

THat rude ſeditious *Quack*, (who ſought to raiſe
A Monument to himſelf, a laſting praiſe
In that licentious *Time*, by wronging thoſe
With his illiterate filthy *Nonſenſe*, whoſe
Subſtantial, Solid, and deſerving worth,
His *Dirt* made with more ſplendor iſſue forth)
You ſcorn to *Ape* ; nor mention of him make,
But when reforming of ſome *Grand Miſtake*.
How are we all engag'd ! th' *Apothecary*,
Surgeon, *Phyſician*, hath his *ſhort Library*
Included in this Book : your worthy pains
Miſs not one Herb, that *Flora* on the Plains,
When ſhe her verdant Mantle ſpreads, doth ſhow ;
What *Star* doth govern each is told by you.
Then lets conclude in *you*, and *you* alone
Compriz'd are *Gerrard* and old *Perkinſon*.

March 8th.
166$\frac{2}{3}$

Barthol. Goodrick:
M. Licent.

The

THE

Britiſh Phyſician:

OR,

The Vertues of Engliſh Plants.

Adders Tongue. Ophiogloſſum.

The Deſcription. THis Herb ariſeth out of the ground with one leaf, much like a Water-plantain Leaf, being of an oyley ſubſtance, and a little more then half a finger long: at the bottom of the leaf ſprouts forth a tender ſtalk about three inches long, and at the top thereof grows a little ſpeer like a ſnakes tongue: ſometimes, but very ſeldom, there ſpringeth forth two or three crooked ſtings, or tongues, like the reſt; but this latter ſort is ſeldom found.

Place.] It groweth in moiſt low grounds and Meadows in many places of *England*: as in the Meadows of *Holſhot* in *Hampſhire*, and near *Colbrooke*; and many other places.

Time] It ſpringeth in *April*, flouriſheth in *May*, and is gone quite in *June*, or *July*, at the furtheſt.

Names.] It is called in Latine, *Ophyogloſſum*, *Lingua Serpentis*,

pentis, Linquoce Lingualace, Lancea Chriſti, Enephillon, & Lingua vulneraria. In Engliſh, Adders tongue, Serpents tongue, and of ſome, Adders graſs; in Dutch *Natertonguen*; in high Dutch *Nater-zungelin.*

Temperature and Vertues.] *Adders Tongue is hot and dry in the third degree, a Herb of the Sun in* Aries: *It is an excellent wound Herb, and thereof may be made an excellent Balſome for green wounds after this manner: take the leaves of the Herb and pound them in a ſtone Mortar, till they are ſufficiently bruiſed and macerated, then boil them in a ſufficient quantity of oyl Olive, till the herbs be dry, afterwards ſtrain it, and reſerve it for the purpoſe aforeſaid, as a precious Medecine. The green Herb bruiſed, or the juyce thereof applyed to any green wound at the time of the year when it may be had, worketh the ſame effects.*

Agrimony. Eupatoria.

Deſcription. OF this Plant there be two kindes, the field or wood Agrimony, and baſtard or water Agrimony, called alſo water-hemp. Wood Agrimony groweth up with a long and hairy ſtalk, the leaves green above, and grayiſh underneath, parted into divers other ſmall leaves, and jagged about the edges: the flowers are ſmall and yellow, growing one above another towards the top of the ſtalk, the ſeeds are ſomewhat long and rough, it hath a large blackiſh root.

Place and Time.] It grows frequently in Hedge-rowes of Corn Fields, and by high-way ſides, and in Woods and Copſes; in the fields and Woods near *Rocheſter*, and towards *Dulwich* in *Surry*, you may gather loads of it; about *July* it is in its prime, the ſeed is ripe towards the latter end of Summer: you may gather the herb any time of the year.

Names.] It is called in Greek ευπατώριον, in Latine *Eupa-*

Eupatorium and *Eupatoria*, in Italian and Spaniſh *Agrimonia*. The Germans call it *Odermeng Bruckwurtz*. The Low Dutch, French, and Engliſh call it Agrimony and Egrimony.

Nature and Vertues.] *Agrimony is an Herb of* Jupiter, *and is of temperature moderately hot and dry, having a fine binding quality; it removes obſtructions of the Liver, and ſtrengthens the ſame, and therefore is profitable in dyet drinks for naughty Livers and Conſumptions: the decoction thereof is good for infirmities of the Kidneys, and for ſuch as piſs blood by any inward bruiſe, as experience hath taught me. The leaves made into an unguent with Hogs Lard, healeth and cloſeth up Ulcers; and the herb or ſeed boiled in Wine helps Fluxes which proceed from weakneſs of the Liver, eſpecially if you boil a little Scabious with it.*

Water Agrimony. Eupatorium

Deſcription. IT hath ſtalks of a dark purple colour, a foot and a half high, ſometimes higher, the leaves jagged like the other; it hath many branches upon a ſtalk, the flowers grow at the top of a dark yellow colour.

Place and Time.] It grows almoſt in every Ditch, it flowers about the middle of Summer, the leaves and ſtalks wither in Winter. The Latines call it, *Eupatorium Cannabium*, and *Hepatorium*, becauſe it's good for the Liver: It's called in Engliſh *Water-hemp*, *Baſtard* and *Water Agrimony*.

Nature and Vertues.] *This Plant is hot and dry in the ſecond degree, and of a bitter taſte, it hath a ſcouring opening quality, it cleanſes the blood, and attenuates groſs humors, purging them by Urine.*

Agarick. Vide *Larch tree.*

Ague-tree. Vide *Saſſafras.*

Agnus, *or, the Chaſte-tree.*

Deſcription. THis Plant groweth up ſomewhat higher then a Shrub, having many dark coloured branches, being very flexible like Willow; the leaves are long and narrow, ſomewhat ſmaller then Willow leaves, and jagged like thoſe of hemp. The flowers are of a white colour, and grow in ſpikes on the tops of the Branches: the ſeeds are round, almoſt like pepper, having alſo a biting taſte.

Place and Time.] It grows in moiſt grounds, and by waters ſides in hot Countreys; as in *Spain*, and *Italy*, and other hot Countreys: the ſeeds are brought hither, and ſold by our Druggiſts and Apothecaries.

Temperature and Vertues.] *It is reputed by Authours to be hot and dry in the third degree, of a ſubtle eſſence, and of a ſharp aſtringent quality. This Herb hath a great antipathy to* Venus, *and by its nature muſt needs be judged to be under the dominion of* Mars *in* Capricorn; *for the ſeeds of Agnus taken in any manner do dry up the natural ſeed, and reſtrain all venerious motions; and yet it is of the temperature of Pepper which incites thereunto.*

A Pultis being made of the leaves of Agnus Caſtus, and Vine leaves ſtamped together with Butter, and applyed to the Cods, diſſolveth and aſſwageth the hard ſwelling thereof.

The ſeeds being parched, or fryed, and eaten, diſſolve winde, and being taken with penny-royal in powder in wine, it's effectual againſt the Dropſie, and Spleen, and provokes Urine, and reſiſts the poiſons of venomous Beaſts: An Oyntment may be made therewith to heat and mollifie benummed Members. Being uſed with honey, it's good for ſores of the mouth and throat; it takes away freckles being uſed with Niter and Vinegar.

The hot fumes of the decoction of the leaves and ſeeds is

good

good for women to ſit over who are ſubject to fits of the Mother, or troubled with inflammations in their privy parts. And a pultis made therewith eaſeth pains of the head, and being mixed with oyl and vinegar, it is effectual againſt the Frenzy and Lethargy.

Alecoaſt, Maudlyn, or Coſtmary.

Coſtus hortorum.

The kindes and Deſcription. THere are found ſix ſorts of this herb, three whereof are common to us, viz. Ale-coſt, or Coſt-mary, common Maudlin, and white Maudlyn.

Place and Time.] Alecoſt is a ſweet herb, having pale long green leaves, jagged finely about the edges, the flowers are yellow, the ſeeds ſmall, flat, and long: it grows plentifully in our Gardens, and I think is known to moſt houſewifes, it flowers about *July*.

Names.] The firſt is called in Latine *Coſtus hortorum, Balſamita major*, or *Mas, Mentha Græca, Saracenica officinarum, Salvia Romana, Herba laſſulata, Herba Sanctæ Mariæ*. In Engliſh Coſtmary and Alecoſt. And Maudlyn is called in Latine *Coſtus hortorum minor*, and in Greek Ἀγήρατον.

Temperature and Vertues.] *Alecoaſt and Maudlyn are both of a nature hot and dry in the ſecond degree, and qualified by* Jupiter *to help cold and weak Livers; for which purpoſe it's a ſingular herb; or to be uſed in Ale, it will make it drink both pleaſant to the taſte, and far exceeding Coffee and Chocolate for health.*

It may alſo be uſed in an Electuary for the purpoſes aforeſaid; it opens obſtructions of the Breaſt, Liver, Spleen, Kidneyes, and Bladder, provokes Urine, womens courſes, expells Choller and Phlegm: a Conſerve made thereof helps Defluxions of Rheumes, flowing from the brain. The decoction of the

flowers kills Lice in the head, and cures Scabs therein, they being waſhed therewith.

It helps alſo the Rickets and worms in Children, ſtrengthens the ſtomach, and ſtayes vomiting, and is good for them that have eaten Hemlock, or the like.

Alehoof, or Ground-Ivy. Hedera terreſtris.

Deſcription. THis Plant creeps along upon the ground, having a round leaf dented about the edges of a dark green colour, the flowers are hollow and long, of a blueiſh purple colour, the root ſmall and fibrous.

Place and Time.] It grows almoſt under every hedge, and alſo under-houſe ſides; it flowers betimes in the year, the leaves are to be found uſually all the Winter.

Names.] In the Countrey, eſpecially in *Hampſhire*, it's generally known by the name of Hay-hoe, and Gill-go-by-ground; it is alſo called Ale-hoof, Ground-ivy, and in Latine *Hedera Terreſtris.*

Temperature and Vertues.] *It hath an opening cleanſing quality, of temperature hot and dry, in taſte bitter.* Culpepper *aſcribes it to* Venus, *I rather judge it to be* Solar. *The Countrey people often make uſe of it to ſweeten and cleanſe muſty Bottles, by filling them with the decoction thereof; it's a ſingular herb for the Eyes. The juyce thereof with the juyces of Celandine and Daiſies being clarified, and ſome fine Sugar diſſolved therein, helps the Pin and Web, Filmes, watering and redneſs of the Eyes: it's likewiſe a good wound Herb, helps Ulcers of the Lungs, and expells windy and cholerick humours, Venome, and the Plague: It opens obſtructions of the Gall, Liver, and Spleen, and therefore is good for the yellow Jaundies, it provokes Urine and womens tearms. The decoction of the herb in wine being taken, gives eaſe in the pains of the Gout and Sciatica, and by adding thereto ſome honey, and a little burnt allome, it's excellent for to gargle ſore mouths*

mouths and throats, and alſo to waſh foul Ulcers of the privy parts; and the juyce thereof uſed with honey and verdigreaſe, cleanſeth Ulcers, and ſtayeth their ſpreading, and cureth the Itch and Scabs, or other breakings out: it is ſometimes uſed as a partner with hops in drink, and in dyet drinks I have found it effectual for the Lungs.

All-heal. Panax Herculeum.

Deſcription, Names. I Shall forbear much deſcription hereof, becauſe it is not growing with us in *England*, unleſs it be in Gardens; it hath many large rough leaves growing upon one foot-ſtalk, of a hot biting taſte; it yields a yellowiſh juyce called *Opponax*, which is to be had at our ſhops: it is called by ſome Hercules Woundwort, and All-heale, and in Latine *Panax Herculeum.*

Place and Time.] It grows in *America*, and in ſome places of *Italy*; it flowers and ſeeds in the latter part of Summer.

Temperature and Vertues.] *The Gum called Opopanax is hot and dry, hot in the third degree, and dry in the ſecond; it is effectual, being taken with Wine, againſt the ſores of the bladder, and Strangury; it purgeth tough flegm, and is profitable againſt an old Cough, and difficulty of breathing; helps alſo windineſs, Convulſion, Cramps, and the Gout, expells womens Courſes; is good againſt the Dropſie, and the biting of venomous creatures; it diſſolves congealed Blood, cauſed by falls and bruiſes; it is good to ſtop hollow teeth, and the decoction thereof in Vinegar eaſeth pains of the teeth, the mouth being waſhed therewith; it's alſo effectual to be applyed in plaiſters againſt the Kings Evil, and hard ſwellings, as alſo to Boils, and other ſores.*

Alexanders. Hippoſelinum.

Deſcription, and Names, and Place. THis Herb is generally known in moſt Gardens, the leaves are of a dark green, and much jagged about the edges, and of a hot bitter taſte, the flowers white, the ſeeds black and ſtreaked; it is called in Latine *Hyppoſelinum*, and *olus Atrum*, in Engliſh, Alexanders.

Time.] It flowers in *June* and *July*, and the ſeed is ripe in *Auguſt*.

Temperature and Vertues.] *It is hot and dry in the third degree, of a cleanſing quality, and therefore is frequently uſed in broth in Spring time to cleanſe and rarifie the blood: the roots ſtewed in the Spring time cleanſe the Stomach from ſlimy humors, it opens obſtructions of the Liver and Spleen, and for that purpoſe, and to help a weak ſtomack, the roots are a good ſauce being pickled: the ſeeds given in white wine, powerfully drives down the Courſes, and expells the after birth, it likewiſe provokes Urine, breaks Winde, and helps the Strangury: The doſe of it in powder is from one Scruple to two Scruples; it is very good alſo for the Chollick.*

Black Alder-Tree. Alnus nigra.

Deſcription, and Names. THis groweth up like a ſmall ſhrub, or buſh, and ſpreads into many branches; the wood is white and red at the Core, the bark blackiſh, with white ſpots, the inner bark yellow, the leaves ſomewhat like the common Alder, the flowers are white, and come forth at the joynts with the leaves, the berries are round, firſt green, then red and black when they be ripe. The Latines call it *Frangula*, and *Alnus nigra baccifera*; in *Hampſhire* we uſually know it by the name of *Dogwood*.

Place and Time] It grows commonly in moiſt Woods, and boggy places, as in a Wood called *Dane-Moor* in Hamp-

Hampſhire: it flowers in *May*, the berries are ripe towards *Michaelmas*.

Temperature and Vertues.] *It's of a purging dry quality, and the inner bark thereof being ſteeped in Wine and drunk, is a ſtrong vomit, and cleanſes the ſtomack, it purges alſo hydropick humors, and a decoction thereof made together with Agrimony, Wormwood, Dodder, Hops, and ſome of the five opening roots, and drunk every morning, cures the Dropſie and Jaundies: The bark ought to be dryed before it be uſed, and being boiled in Vinegar, it's a good remedy to kill lice and cure ſcabs and itch. Some write that the leaves are good fodder for Cattle, to cauſe them to give good ſtore of milk, but I could never ſee any Cow that would eat them.*

Alleluiah, Vide *Wood-ſorrel*.

Almond-Tree. Amigdalum.

Deſcription, and Names. OF this tree there be two kindes, the one bears fruit ſweet, the other bitter, they grow bigger then any Peach tree: I have ſeen a bitter Almond-tree in *Hampſhire* as big as a great Plum-tree, it hath leaves much like Peach-leaves, it is called in Latine *Amigdalum*; they grow plentifully in *Turkey* and *Barbary*.

Nature and Vertues.] *The ſweet Almonds are hot and moiſt in the firſt degree, the bitter dry in the ſecond; it is a Plant of* Jupiter: *the ſweet Almonds nouriſh the body and increaſe ſeed, they ſtrengthen the Breath, cleanſe the Kidneyes, and open the paſſages of Urine. There is a fine pleaſant oyl drawn out of the ſweet Almonds, which being taken with Sugar-candy is excellent againſt dry Coughs and hoarſeneſs, it is good for thoſe that have any inward ſore, and for ſuch who are troubled with the Stone, becauſe it makes ſlippery the paſſages of the Urine. Bitter Almonds alſo opens obſtructions of the Liver and Spleen, cleanſeth the Lungs from Phlegm, and*

pro-

provokes Urine; they expel Winde, and provokes womens Courſes, the oyl of them kills worms, and helps pains of the Womb. Some write that the bitter Almonds preſerve from drunkenneſs, five or ſix being eaten faſting; the oyl of both cleanſe the skin, it eaſeth pains of the head, the temples being anointed therewith; and the oyl with honey, powder of liquoriſh, oyl of roſes, and white wax, makes a good oynment to help dimneſs of ſight.

Alkekengi, *or Winter-Cherries.*

Deſcription. THis Plant groweth up with a ſtalk about two foot high, the leaves are of a dark green; at the joynts the ſtalks ſhoot forth whitiſh flowers, and afterwards green berries which grow in a little thin skin, much like a purſe or bladder; the berries when they are ripe are red much like a cherry, the ſeeds are flat and yellowiſh, and are contained in the Cherries.

Names, Place, and Time.] Some have taken this plant for a kinde of Nightſhade, and therefore call it *Solanum*: it is generally called in ſhops *Alkekengi*, and winter Cherries; it grows onely in Gardens, flowers in *Auguſt*, and the fruit is ripe in *October*.

Temperature and Vertues.] *It is an herb of* Saturn, *cold and dry, the leaves cool, and the fruit openeth; the diſtilled water of the fruit, or leaves, or both together, is good to be drunk morning and evening with a little milk againſt the heat of the Urine, and therefore is effectual in virulent Gonorrhea's; it cleanſeth foul Ulcers in the reins and bladder, diſſolves the ſtone in the reins, kidneyes, and bladder, opens the uritory paſſages, and provokes Urine, and helps thoſe that make foul or bloudy Urine, the decoction of the fruit being taken in wine or water; it likewiſe opens the liver and gall, and therefore is good for the yellow Jaundies.*

An-

Angelica.

Deſcri-ption. THere is both garden Angelica, and wilde Angelica, ſome alſo reckon up a water kinde; it groweth up with great hollow ſtalks four or five foot high, having broad divided leaves of a pale green colour, at the top cometh forth large umbells of white flowers; after which ſucceedeth flat round ſeeds, ſomewhat whitiſh, the root periſheth every year, if it be ſuffered to ſeed, not elſe.

Names, Place, and Time.] It's common name with us both for Latine and Engliſh is Angelica, it grows common in our Gardens, and wilde likewiſe in many places, flowers about *July*, and the ſeed is ripe ſoon after.

Temperature and Vertues.] *It is an herb of the Sun, hot and dry almoſt to the third degree, it opens and digeſteth; it is a great cordial for the heart, in defending it from poiſon; a dram thereof in powder being taken in the diſtilled water of the ſame plant, and ſweat upon it, it heats and comforts the Blood and Spirits, and is good againſt the Plague, Peſtilence, and other infections: the root being taken green, helps ſuch as are troubled with ſtuffings in their Stomack, it alſo abates luſt; the water thereof, and ſome of the root in powder helps cold and winde, the Collick and Strangury, Coughs, Ptiſick, and other diſeaſes of the Lungs and Breaſt; it provokes womens Courſes, and helps to expell the after-birth, it likewiſe provokes Urine, and helps the Chollick and Strangury: The decoction helps inward bruiſes, diſcuſſeth congealed blood, it helps digeſtion, is an excellent remedy for a Surfeit. The decoction helps an Ague at two or three times taking, if it be drunk and ſweat upon before the fit comes. The roots being taken in powder, and made into a plaiſter with a little pitch, helps the bitings of venomous creatures and mad dogs; the water or juyce being dropped into the eyes and ears, helps dimneſs of ſight and deafneſs.*

The

The Apple-Tree. Pomus.

IT is needleſs to deſcribe the Apple trees, nor reckon up their ſeveral kindes, many ſorts of them being generally known to almoſt every boy, and is out of my purpoſe here; many of them are early ripe in Summer, others more late towards Winter, which are moſt durable to keep; ſome of them are ſweet, fragrant, and odoriferous, others more ſharp.

The Names.] The tree is called in Latine, *Pomus* and *malus*, the fruit *Pomum* and *malum*. The Engliſh name you have already.

Places and Time.] They grow wilde in the hedge rows and Woods in many places of this Land, but the beſt are manured in Orchards; they flower in *April*, the fruit of the lateſt is ripe in *October*, which is the *John* Apple.

Temperature, and Vertues.] *There is a great difference in Apples, in regard there are both ſweet, ſowre, and bitter, they are generally held to be cold and moiſt, but the ſweet and bitter do ſomewhat incline to heat; but to omit the general uſe which is made of Apples both in City and Countrey, they are effectual in hot diſeaſes, cooling the ſtomack and heart. The Apple called a Pomewater being roaſted, and the pulp laboured in fair water, till it be like that we call Lambs-wool, and drunk going to bed, helpeth ſuch as are troubled with an involuntary paſſage of the ſeed, either in dreams or otherwiſe; and is alſo effectual for ſuch as piſs by drops. Rotten apples are good to be applyed to the eyes which are blood-ſhotten, or bruiſed by any ſtripe or ſtroke. Apples expel melancholly humours, and ſtir up mirth, being roaſted and eaten with roſe water and ſugar: Cider and alſo Verjuyce do both ſingularly cool the ſtomack, and is effectual in hot Agues, and is good againſt caſting and vomiting; and the verjuyce being applyed to burnings or ſcaldings, draweth out the fire, and cools and heals the ſame.*

Apri-

Apricock-Tree. Malus Armeniaca.

THis plant needs no deſcription, being very well known, yet it is a tender plant in our cold Countreys; for if a froſt meet with the flowers, or young fruit, they are quickly gone.

Names.] It is called in Latine *Malus Armeniaca*, the fruit, *Malum Armeniacum.* In Engliſh Apricocks.

Place and Time.] They are planted againſt walls in moſt Gentlemens Gardens, and againſt the walls of houſes too in many places. They flower in *March*, and the fruit is ripe about the latter end of *July*.

Temperature and Vertues.] *This is one of* Venus *plums, and is cold in the firſt degree and moiſt in the ſecond; the fruit is better to be eaten before meals then after, becauſe of their quick deſcenſion into the belly, they cauſe other meats to deſcend the ſooner. There may an oyl be preſſed out of the kernells of the ſtones; which being taken in wine, helpeth the Chollick, and driveth forth the ſtone out of the reins and bladder, helps pains in the ears, hoarſeneſs of the voice; inflammations of the Piles, Ulcers, and the roughneſs of the tongue and throat. The leaves I have proved effectual to dry up the corrupt matter of hot running ſcabs.*

Archangel, or Dead nettles. Lamium.

Deſcription. THis herb is generally known, it needs no deſcription.

Names.] It's called in Latine *Lamium*, and *Urtica mortua.* In Engliſh dead or blinde Nettle, or Archangel. Herbariſts reckon up eight ſorts hereof, but I ſhall here mention onely three which are common; and thoſe are, that with the white flower, the red, and the yellow.

Places and Time.] And theſe may be found under hedges, old walls amongſt rubbiſh, by high wayes ſides, and

and in corners of Gardens which are not digged nor planted; they flower about the Spring of the year, and ſo continue all Summer.

Temperature and Vertues.] *Archangel is hot and dry in the firſt degree, bitter in taſte, under the dominion of* Mars, *and it is good againſt Quartain Agues; the flowers of the Archangel, or the diſtilled waters ſtayeth the whites in women, and the flowers of the red Archangel ſtayeth the reds: The herb is effectual for Tumors or ſwellings of the Kings Evil in the throat to diſſolve them, being bruiſed with ſome Hogs Lard and applyed thereunto. It alſo allayes the pains of the Gout or Sciatica, and aches of the joynts; being uſed in like manner, it openeth obſtructions, and diſſolveth the hardneſſe of the Spleen, by drinking the decoction of the herb in wine, and applying the herb hot pultiswiſe to the Region of the Spleen; it is a good repercuſſive in inflammations, and ſtayeth the corroding of old Ulcers; it cureth the riſing up of the skin about the roots of the nails, being applyed thereunto; and is ſaid to ſtanch bleeding at the noſe, the bruiſed herb being applyed to the nape of the neck.*

Aron, Vide *Cuckow pintle.*

Arrach wilde and ſtinking. Atriplex.

Deſcription. STinking Arrach groweth up with a little ſtalk, having many branches, the leaves are ſmaller then thoſe of the Garden, and pointed towards the top, of a whitiſh green colour which we call an Aſh colour; it beareth yellow flowers, which afterwards turn into ſmall mealy ſeeds. It may eaſily be known by the ſmell, being very like ſtinking Fiſh.

Names, Places, and Time.] It is called in Latine *Vulvaria,* and *Atriplex*, in Engliſh ſtinking Arrach; you may finde it upon moſt Dunghills, under old walls, about the mud walls in the fields about *London* it grows plentifully, and

and alſo by ditches ſides: It flowers and ſeeds from *June* till after *Bartholomewtide.*

Temperature and Vertues.] *This Plant* Saturn *rules; it is cold, moiſt, and earthy, an excellent plant for Womens diſeaſes. It cures fits of the* Mother, Diſlocation, *or falling out of the Womb, being taken inwardly: It cools the over much heat of the womb, and cauſes eaſie Delivery; being rubbed and held to the noſtrils, it cauſeth the Womb to deſcend to its right place, and cleanſes and ſtrengthens it. It provokes the Terms if ſtopped, and alſo ſtops the immoderate flowing of them; and makes* Barren *women fruitful. It is therefore good for ſuch Women as are ſubject to be troubled with any of the aforementioned Diſtempers, to prepare and keep alwayes by them, a Syrup made of the juyce of this Herb and ſugar, or honey, which is beſt to cleanſe the Womb, otherwiſe ſugar is more proper.*

Arſmart. Perſicaria

Deſcription. THis Herb grows with a little joynted greenish ſtalk, the leaves growing at the joynts of the ſtalks, being not very long, many times having blackiſh ſpots upon them: the flowers grow in ſpiky heads of a bluſh colour, after them come little blackiſh flat ſeeds; the root is fibrous and periſheth every year. There is dead or milde Arſmart, and biting Arſmart, which if you taſte of, it will bite your tongue very much.

The Names.] It is called in Latine *Piper Aquaticum*, and *Perſicaria*, becauſe the leaves do ſomething reſemble Peach leaves; in Engliſh Water Pepper, and Arſmart.

Place and time.] It is common in moſt ditches, eſpecially ſuch as are muddy, and grows alſo upon dunghils of mud which hath been caſt out of ditches. I have ſeen them covered with it in *Hampſhire*, and other places. It is in flower in *June*, and ſeeds about *Auguſt.*

Temperature and Vertues.] *The milde is ſaid to be cold and*

and dry, the biting hot and dry; then ſure there Mars *and* Saturn *grow together: The biting Arſmart being rubbed upon a tyred horſes back, will make him go again lively; it is good to kill Fleas, being ſtrewed in Chambers. The powder of the milde Arſmart being given to the quantity of two drams at a time in a little Vinegar, opens obſtructions of the Liver; being bruiſed with Rue and Wormwood, and fryed with Butter or Suet, and applyed to the belly or ſtomach, deſtroyes the worms in them: the diſtilled water thereof mixed with a little oyl of Spike, and the gall of an Oxe, is good to eaſe the pains of the Gout, the grieved place being anointed therewith, and a blue woollen cloath applyed upon it; ſo likewiſe being mixed with* Aqua vitæ *it takes away Aches: The herb being ſtamped with Wine and applyed to the Matrix draweth down the Terms. The leaves being ſtamped and applyed to green Wounds, cools them, and defends them from inflammations. The root or ſeed applyed to an aking Tooth, takes away the pain; and the juyce of the Herb dropped into the ears, kills worms in them, and is good againſt Deafneſs.*

Alkanet. Fucus Herba.

Deſcription. THere are accounted four kindes of this Plant, but never a one of them common, nor eaſily found in *England*, though *Culpepper* ſaith there is one kinde grows commonly in this Nation; which is as true as the ſtory he tells of one of his Diſciples, whoſe horſes ſhooes were pulled off by riding over Moonwort, (as he ſaith.)

The red great Alkanet groweth up about a foot and a half high, having uſually one round ſtalk, with many leaves prickly and hoary over like ſmall Bugloſs, the flowers much like them of *Echium*, or ſmall Bugloſs, of a sky colour, tending to purple, yielding a ſmall pale coloured ſeed, ſomewhat long; the root is about the thickneſs of ones

ones finger, having a woody pith within, of a bloody colour, dying whatſoever it toucheth.

The other kinde hath more plenty of leaves, more hairy and woolly then the former, the ſtalks grow higher having yellow flowers, the root of a ſhining purple colour, yielding more juyce then the firſt.

The third kinde hath a greater and more juycie root then the former, but the plant ſmaller, and the leaves narrower, the flowers red like thoſe of ſmall Bugloſs, the ſeeds are aſh-colour, taſting like Bugloſs; and the fourth kinde is much like common Summer Savory, the flowers blueiſh or ſky colour.

Names.] It is called in Greek ἄγχουσα, from the Greek word ἀγχόυειν, *Illinere ſucco, vel Pigmentis*, to colour or paint, becauſe of its painting property; it is alſo called *Fucus herba*, and *Onoclea Bugloſſa Hiſpanica*, or Spaniſh Bugloſs, and Orchanet and Alkanet in Engliſh, and in Shops likewiſe *Anchuſa*.

Place and Time.] They grow all naturally about *Narbone* and *Montpelier* in *France*, and may be had, eſpecially the Roots, at our Shops; yet *Gerhard* ſaith he found them in the Iſle of *Thanet* in *Kent*, but that is contradicted by his Reviſer. They flouriſh in the Summer moneths, and beſt yield their juyce in Harveſt time.

Nature and Vertues.] *The roots are cold and dry according to* Gallen; *yet being endued with ſome bitterneſs, argues them not very cold; they cleanſe chollerick humours, the leaves binde and dry, but not ſo powerfully as the roots.* Culpepper *calls this herb one of the darlings of* Venus, *I ſuppoſe becauſe he had heard the Madams uſed it to paint their faces; and likewiſe it is uſed by Gentlewomen to colour Syrrups, Waters, and Jellies, as is alſo* Turnſole; *and the root being uſed as a Peſſary, draweth forth the dead Birth: the decoction inwardly drunk with Mead or honied water, cures the yellow Jaun-*

dies, diſeaſes of the Kidneys and Spleen, and is effectual in Agues: a Searcloath made with the root and oyl is good for Ulcers, and with parched Barley meal, it helps the Leproſie, Tetter, and Ringworms, as ſaith Dioſcorides. *But* Culpepper *teacheth how to kill Serpents with it, which he ſaith is done, if any one hath newly eaten the root and ſpits in a Serpents mouth, the Serpent inſtantly dyes; but this is as ridiculous as* Culpepper *himſelf: yet the decoction is ſaid to drive out the Meaſels and ſmall Pox, if it be drunk in the beginning with hot beer, the leaves boiled in wine and drunk, is good againſt the Laske; the root boiled in Wine and ſweet butter without ſalt till it is red, is good for bruiſes received by falls, and for green wounds made with pricks or thruſts. Make an oyntment of it thus, Take of Oyl Olive one pint, the root of Alkanet two ounces; Earthworms purged twenty in number, boil them together, and keep it as a ſingular remedy for the uſe aforeſaid.*

Amara dulcis, Bitter-ſweet, *and* Woody Nightſhade *is all one; therefore* Vide *Bitter-ſweet.*

Amaranthus, Vide *Blites, and Flower Gentle.*

Anemonies. Herba venti.

Deſcription. THeſe are of various kindes, altering as they are often and frequently tranſplanted out of one Garden into another, for whoſe adornment they are moſt uſed, ſo that a further deſcription is needleſs.

Names.] It is called in Greek ἀνεμώνη, in Latine *Anemone*, and *Herba venti*, becauſe it reported theſe flowers never open but when the winde bloweth. The Gardners commonly call them Emonies, and they are likewiſe called in Engliſh, Winde flowers.

Nature and Vertues.] *They are of a ſharp hot quality, biting the tongue, and of a binding quality; the wilde ones called*

called Pulſatilla's *being ſtamped and applyed, will eat into the ſkin; they are all taken to be a kinde of* Crowfoot.

The leaves of Anemonies boiled in white Wine, and the decoction drunk, powerfully provokes the Terms; the leaves and ſtalks being boiled with clean blanched Barley, increaſeth milk in Nurſes, if they eat thereof: the juyce of the leaves ſnuffed up into the noſe, or the root chewed in the mouth purgeth the head mightily of watery and phlegmatick humours, by ſpitting, and being ſo uſed, is good for the Lethargie; they cure the Leproſie, the body being bathed with the decoction thereof; and an oyntment thereof helps Inflammations of the Eyes, the eye-lids being anointed with it, and cleareth the ſight by taking away the Web or other ſpots therein: the ſame oyntment alſo cleanſeth corroding Ulcers being uſed for that purpoſe.

Artechokes, Cinara.

OF this Plant I need make no deſcription, it's very well known to all that deſire it.

Names, Place, and Time.] It is called in Latine *Cinara*, in Engliſh Artechokes. They are plentifully nouriſhed by our Gardners about *London*, and in Gentlemens Gardens in the Countrey: They are ripe in *June*, and will flower at the latter end of the Summer, if they be ſuffered to ſtand.

Temperature and Vertues.] *They are of a temperate nature, inclining to heat, certainly under the dominion of* Venus, *being great friends to venerious perſons, by whom they are dreſſed after all the luxurious wayes as may be thought on; they do mightily ſtir up luſt by increaſing ſeed, and therefore are good for married perſons who are weak in the act of generation: they reſtore nature, and ſtrengthen the ſtomach. The Decoction of the young buds in wine provoke Urine, and though they increaſe ſeed, yet they ſtay the involuntary flowing thereof in dreams, or otherwiſe.*

Aſſarabacca, Aſarum.

Deſcription. THis plant riſeth up with many heads ſhooting from the roots, from whence ſpring the leaves, which are round much like a Violet leaf, but larger; they are of a dark green ſhining colour on the upper ſide, but paler underneath: There ſpringeth up likewiſe amongſt them round husks upon ſtalks, wherein are contained many ſmall ſeeds, much like the ſeeds of Violets, but ſomewhat bigger.

Names, Place, and Time,] It is called by us commonly *Aſarum*, and *Aſſarabacca*. It is planted frequently in our Gardens. Their ſeed is ripe about the beginning of *July*.

Temperature and Vertues.] *The leaves are hot, and dry, and purging, having likewiſe a binding quality after it; the roots are more hot and dry then the leaves, a plant ſure under the dominion of* Mars. *It is commonly given to Maids who are inclinable to the Green Sickneſs; to take the juyce of five or ſeven leaves in a little poſſet drink, or white wine, doth both cauſe Vomiting, and purgeth downwards, and by Urine, cleanſing the body of Choller and Phlegm; being ſteeped in wine and drunk, it is good againſt the Dropſie and Jaundies, and helps continual Agues. A dram of the root in powder given in white Wine, a little before the fit of an Ague, at twice taking drives it away. A Conſerve made of the flowers hereof, ſtrengthens the memory, and the hearing: It helps likewiſe obſtructions of the Liver and Spleen, being boiled in Whey; and the juyce thereof with a little Tutia, prepared and added to it, and dropped into the corners of the Eyes, helps the dimneſs and miſtineſs of them, and ſharpens the ſight.*

Aſparagus, Corruda.

Deſcription. IT groweth up at firſt with a round greeniſh head, much like hops, ſo near that they may eaſily

eaſily be miſtaken one for another; afterwards they run up in long ſtalks, ſhooting out green leaves, like Fennel, but ſmaller; at the joynts come forth yellowiſh flowers, after which come round green berries, which are red when they are ripe, and the ſeed is black: the roots are ſpongious, and full of ſmall ſtrings.

Names.] It is called in Latine *Corruda Aſparagus*, and in Engliſh Sperage and Sparagus, by ſome Sparagraſſe.

Places and Time.] It is nouriſhed for a pleaſant Sallet in our Gardens, the tender ſhoots being in their prime to be eaten in *April* and *May*. They flower about *July*, and have berries towards *Michaelmas*.

Temperature and Vertues.] *Sparagus is of a fine temperate nature, a procurer of luſt, yet expelling the Stone and Gravel from the Reins, and Kidneys, provokes Urine, and helps the Strangury, helps pains in the Reins and Back: The root is good againſt the yellow Jaundies, falling Sickneſs, and fits of the Mother, and eaſeth pains of the Breaſt and Stomach, being boiled in white Wine and the decoction drunk. The root doth much open, and provokes Urine, by which means it hath acquired the title of one of the five opening Roots. The young ſhoots are as pleaſant meat as any grows in* Venus *Garden, and are effectual for moſt of the purpoſes beforementioned.*

The Aſh-Tree, Fraxinus.

THis is ſo well known to every one, it needs no Deſcription.

Names.] It is called in Latine *Fraxinus*, and the fruit is called *Kitkeyes*.

Place and Time.] The Aſh grows plentifully in moſt Woods, and other places of this Land, as in hedges, and walks where they have been planted; yet of late they have been waſtefully deſtroyed as well as other wood and timber.

ber. The leaves and flowers come forth about *April*, and the keyes are ripe about *September*.

Temperature and Vertues.] *This is a plant of* Jupiter, *the leaves and bark are temperately hot and dry, the ſeed hot and dry in the ſecond degree: A Lye made of the Aſhes of Aſhen Bark, cureth Scald, Scabby, and Leprous heads, they being bathed therewith; the juyce of three or four leaves taken conſtantly every morning, prevents mens bodies from growing corpulent, or groſs, and makes them lean that are fat: the leaves and bark being boiled in vinegar and water, ſtayes vomiting, being laid upon the ſtomach. The leaves bark, and tender crops being boiled in wine and drunk, are ſingular good for the Dropſie, the roots boiled in Ale, and drunk morning and evening, doth the ſame; the leaves and bark being boiled in wine and drunk, do open the Liver and Spleen, and eaſe pains of the Sides, and being boiled in oyl, and applyed outwardly, they work the ſame effect: the Keyes are good to be uſed in dyet drinks for the purpoſes aforeſaid. The decoction of the leaves in white Wine do help the Jaundies, and break the Stone; the ſeeds alſo, the husks being taken off, are good againſt Winde, and provoke Urine.*

Aſpe, or Poplar Tree. Populus.

Deſcription. I Shall not need to deſcribe this Tree, you may know it well enough by the ſhaking of the leaves, which will quiver and tremble, though there be no winde; and from thence comes a proverb to ſay when one is affrighted, that he trembles like an Aſpen leaf. There is two kindes, the white and black Poplar, the black is moſt uſeful in Phyſick.

Names.] It is called Poplar, Aſp, and Aſpen Tree, in Latine *Populus*.

Place and Time.] It groweth plentifully in our Land, but in low and watry grounds; the clammy buds thereof are

are gathered about the beginning of *April* to make the Oyntment called *Unguentum Populeon.*

Temperature and Vertues.] *The clammy ſubſtance of the black Poplar is hot and dry, the white is of a watery warm nature, and of a cleanſing quality; the Moon rules them both in* Aries *the firſt. The oyntment made of this plant before ſpoke of, is a fine cooler of Inflammations in any part of the body, it temperates the heat of Wounds, and is good to dry up milk in womens Breaſts. The juyce of the leaves of white Poplar being extracted and dropped into the Ears, eaſeth pains of them, and cures Ulcers in the Ears: The ſeed drunk in Vinegar, is held good againſt the Falling Sickneſs, and the water that drops from hollow places of the black Poplar, takes away Wheals, Puſhes, Warts, and other ſuch breakings out in the body.*

Avens, Garyophillata.

Deſcription. THe Avens riſe up from the root with many dark green leaves, winged and jagged about the edges; the ſtalks riſe about a foot high, and are long and hairy, and ſhoot forth leaves at every joynt, which are not ſo long as the lower leaves, but cut in on the edges into three parts or more; on the tops of the branches ſprout forth the flowers which are yellow, and have five leaves like the flowers of Cinquefoil, but they are larger: when the flower is fallen, it leaveth a ſmall green head, which after groweth to be rough and round, and conſiſteth of many long purple greeniſh ſeeds, which will ſtick to your cloathes; the root hath many browniſh fibres, ſmelling almoſt like Cloves.

Names.] It is called in Latine *Garyophillata*, from the ſcent of the Roots, in Engliſh Avens and Herb Bennet.

Place and Time.] Avens delight to grow moſt in ſhadowy places, and is to be found in many places under

hedge ſides. They flower in *May* and *June*, and the ſeed is ripe in *July*.

Quality and Vertues.] *Avens is hot and dry, of a purging quality, a Plant of the Sun, and a great comforter of the heart; it is a good preſervative againſt the Plague, or any other poiſon: it helps digeſtion, warms a cold Stomach, and opens the Liver and Spleen, the roots thereof in the Spring being ſteeped in Wine, and drunk thereof every morning faſting: it alſo helpeth the Winde, Chollick, Fluxes, and is good for ſuch as are troubled with Ruptures. The Decoction of the herb takes away ſpots in the face, it being waſhed therewith; the root may be dryed and kept in powder, having the ſame vertue as the Decoction. It expells crude humours from the Breaſt, Belly, and Stomach; it diſſolves congealed Blood, and helps the ſpitting of Blood, and heals inward Wounds, and outward Wounds, if they be bathed with the decoction thereof.*

Aſſafœtida, Vide *Laſerwort*.

Balme, Meliſſa.

Deſcription. BAlme groweth up with divers ſquare green ſtalks, the leaves are dark green, pointed at the ends, and a little dented round about the edges, having a fragrant ſmell; the flowers are ſmall and gaping, of a pale Carnation colour, the leaves and ſtalks dye every year, but the root abides in the ground, ſprouting out freſh every Spring.

Names. It is called in Latine *Meliſſa*, and in Engliſh Balme.

Place and Time.] It groweth almoſt in every Countrey Houſewifes Garden, and flowers about *Auguſt*.

Nature and Vertues.] *This is another Solar herb, hot and dry in the ſecond degree, of ſome thinneſs of parts, and a purging quality; an herb appropriated to the Heart, againſt the paſſions whereof it is an Antidote; It maketh the heart mer-*

ry,

ry, ſtrengthens the Spirits, and is good againſt Swoonings and Faintings; it drives away paſſions ariſing from Melancholly and burnt Phlegm: the water thereof, or rather a Conſerve of the flowers ſtrengthens the Brain, helps Digeſtion, and comforts a cold Stomach, and is good againſt the Plague, it provokes the Terms, is good to ſweeten a ſtinking Breath; it is good in an Electuary for ſuch as are troubled with difficulty of Breathing. The Sirrup of Balm is good in Feavers, ſtrengthning the Heart and Stomach: the juyce thereof with a little honey is good to clarifie the ſight, it is good to be uſed in baths to comfort the Joynts and Sinews, and eaſeth pains of the Gout: it is good againſt bitings of mad Dogs, and ſtinging of Venemous Creatures. In Oyls or Salves it is a good ingredient to heal green Wounds.

The Barberry-Tree. Oxyacantha.

Deſcription. IT ariſeth up with many ſlender ſtalks from the root, which grow ſometimes to a great height, and of an ordinary bigneſs; the Bark is whitiſh in the outſide, and yellow next the wood, it is full of prickly ſharp thorns, the flowers are yellow, the fruit hangs in cluſters upon a ſtalk or ſtring, and are red when they be ripe, of a ſowre taſte, the root is yellow.

Names.] The Latines call it *Oxyacantha*, a term not well befitting it, in Engliſh Barberries.

Place and Time.] It groweth plentifully in Gardens, Orchards, and Cloſes near dwelling houſes, where it hath been planted; it hath been alſo found wilde in hedgerowes, but I believe ſome Ditcher planted it there to mend his hedges inſtead of Thorns: They bloſſom in *May*, and the fruit is ripe in *September* about the latter end, or beginning of *October*.

Quality and Vertues.] Venus *owns this plant, (whatever* Culpepper *ſayes) it is cold and moiſt in the ſecond degree, and*

and of the fruit are made gallant cooling medicines, both Conſerves and Preſerves; the leaves beat like to Green ſauce while they be young, cools hot Stomachs, and hot burning Agues, procures appetite, cools the Liver, and helps Belchings; ſo likewiſe doth the Conſerve or Preſerve of the Fruit, it repreſſeth Choller, helps them that loath their meat, by procuring an appetite; it cools Inflammations of the mouth and throat, the mouth being gargled with ſome of the Conſerve, diſſolved in a little water and vinegar, it ſtayeth Rheumes and Diſtillations, and faſtens the Gums and looſe Teeth; it ſtayes the immoderate Flux of Womens Courſes, kills Worms, being taken with a little Southernwood and Sugar: the decoction of the inner Bark is effectual againſt the yellow Jaundies.

Barley.

IT is needleſs to ſay any thing more of this Grain here, but onely of the Phyſical uſe, it's other vertues being ſufficiently known to the Husbandman, and to the Brewer, and Alewife too; but theſe latter gain more by the Vices attending it, then by its Vertues.

Temperature and Vertues.] *It is cooling and drying in the firſt degree, of a cleanſing quality:* Culpepper, *as I remember, aſcribes it to* Venus; *he would lay all the fault of drunkenneſs upon women. But,* &c. *Barley indeed, the water made thereof, and other things, doth much nouriſh ſuch as are troubled with Agues, Feavers, and hot Stomachs. The French Barley is much uſed for diſeaſes of the Breaſt, and likewiſe in Feavers and other inward heats; as heat of the Urine in a Gonorrhea, or otherwiſe, it doth provoke Urine. The preparation of the Barley water is thus; Take French Barley two ounces, boil it in two ſeveral waters, caſting the water away, then boil it the third time in a quart of water to a pint and a half, adding Liquoriſh half an ounce, Violet leaves and Strawberry leaves, of each an handful, ſweeten it with Sugar or*

Syrrup

ſyrrup of Violets: this is excellent in a Fever or Surfeit, being timely uſed. Barley meal and Fleawort being boiled in water, and made into a pultis with honey and oyl of Lillies, cures Tumors, and Swellings being applyed warm: A plaiſter made thereof with Tar, Wax, and Oyl, helpeth the hard ſwelling of the Kings Evil in the throat, it eaſeth pains of the ſides and ſtomach and windineſs of the Spleen, being boiled with Melilot, Cammomil flowers, and ſome Linſeed, Fennigreek, and Rue in powder, and applyed warm to the ſides. Barley meal boiled in Vinegar with ſome honey, and ſome dry Figs added thereunto, diſſolveth hard Impoſthumes, and excreſcences growing upon the eye-lids, and aſſwageth inflammations, being applyed thereunto.

Baſil. Baſilicum.

Deſcription. BAſil ſpringeth up with one ſtalk, ſhooting forth branches on every ſide, at the joynts grow the leaves, two at every joynt, which are of a pale green colour, and of a ſtrong ſmell, they are ſomewhat round, a little pointed, and dented a little about the edges, the flowers ſtand at the tops of the branches, and are ſmall and white, the ſeed is black.

Names.] It is called in Latine *Ocymum* and *Baſilicum*, in Engliſh Baſil.

Place and Time.] Baſil is nouriſhed onely in Gardens with us, and flowers in the heat of Summer, the ſeed is ſoon ripe, the root periſheth at Winter, it muſt be new ſowen every year.

Nature and Vertues.] *It is ſaid to be hot in the ſecond degree, but having a ſuperfluous moiſture.* Culpepper *rails at large againſt this herb, that it ought not to be taken inwardly; yet it may be corrected with oyl and vinegar, and eaten by women to dry up their milk; the ſame effect it hath being bruiſed and applyed outwardly to the breaſts: the much ſmelling there-*

unto

unto, cauſeth the Head ache to thoſe who have a weak brain; yet to thoſe whoſe brains are ſtronger, it comforts the brain, and purges the head; it procures ſpeedy delivery, and provokes Urine and the Terms; it is good againſt pains of the head and the Lethargy, being applyed with oyl of Roſes, Mirtles, and Vinegar: the ſeeds are uſed to expel melancholly and comfort the heart; and the juyce or ſeeds being bruiſed and put into the noſtrils procureth ſneezing. The Herb uſed with honey takes away ſpots in the face.

The Bay-Tree. Laurus.

THis is ſo well known it needs no deſcription.

Names.] It is called in Latine *Laurus*, and the berries *Bacca Lauri*.

Places and time.] It grows frequently in our Gardens, and is planted againſt Walls, delighting rather in the ſhade then the Sun, it keeps green all the year, the berries are ripe towards Winter.

Nature and Vertues.] *Bayes both the leaves and berries are hot and dry, a plant of* Jupiter; *the berries taken in powder with honey is good againſt infirmities of the Breaſt, as Conſumptions, and ſhortneſs of breath; and likewiſe helps Winde, and the Chollick, and griping pains of the Belly: they provoke Urine, and are good againſt the Stone, and the windineſs of the Mother, they are good againſt poiſons, and the ſtinging of venomous beaſts, they open the Liver and Spleen, procure an appetite, provoke womens Terms, cauſe ſpeedy delivery, and purge down the After-birth. A bath made of the Decoction of the Leaves and Berries, is good for women to ſit in for diſeaſes of the Womb and Mother, and obſtructions of the Courſes: the oyl of the berries is good to comfort the joynts againſt cold Aches, Cramps, Palſies, and benummednes of any parts: the oyl or juyce of the berries dropped into the ears, helps deafneſs, and pains in the ears. Quick-*

ſilver

ſilver killed in the oyl or juyce, helps the Itch, and Wheals, or Scabs in the skin, the powder of them taken in white wine is good againſt Cramps and contractions of the Sinews. The leaves may alſo be uſed for many of the purpoſes aforeſaid, and are excellent good three or four leaves in broth to comfort the ſtomack.

Beans. Faba.

I Shall not need deſcribe theſe neither, there being not ſcarce a boy or girle but well enough knows, both the garden and field Beans, that is able to eat a Bean.

Names.] In Latine a bean is called *Faba.*

Places and Time.] The greater ſort is planted in Gardens, the other ſmall Beans are ſown in Fields, and are meat for horſes and hogs, and good to make malt with too. The Garden beans are ripe in *June* and *July*, ſome earlier and ſome later, according as they are planted, ſerving for good ſtrong food in harveſt.

Temperature and Vertues.] *They are more uſed with us for food then Phyſick, and while they are green they are held to be cold and moiſt, when dry, cold and dry; and the Phyſical uſes are theſe; the diſtilled water of the green ſhells is excellent good againſt the Stone, to be drunk in the mornings, and a little butter unſalted eaten therewith. Bean meal helpeth Fellons, Boils, Bruiſes, Impoſthumes, and Swellings of Kernels about the Ears, being mixed with Fennugreek and Honey, and applyed to the place grieved: The diſtilled water of the flowers cleanſeth and bedutifieth the face and skin, and takes away ſpots and wrinckles thereof. A pultis made of bean flower, oyl, and vinegar, and applyed to the breaſts of women which are ſwelled by abundance of milk, helpeth the ſwelling, and repreſſeth the milk, diſſolving the curdling thereof. A pultis being made with bean flower, wine, oyl, and vinegar, helpeth the ſwelling of the Cods; and being uſed with Roſe leaves, the*

the white if an Egge, and a little Frankincenſe, it helps ſwellings, ſtripes, and watering eyes. Beans are alſo a friend to Venus. And thus I ſhall leave them, haſtning to proceed to their affinity, viz.

French Beans. Phaſeolus.

Deſcription. HAving now done with the Engliſh Bean, the French or Kidney Bean in order follows; which alſo ſcarce needs a deſcription, being now ordinary in Gardens: they grow up at firſt with one ſtalk, but afterwards are divided into ſeveral branches, out of which come long foot ſtalks, bearing three broad round and pointed green leaves, and muſt be ſupported with ſticks or poles, growing much higher then garden Peaſe; the flowers are like peaſe bloſſoms, and vary in colour, like the fruit which are ſome white, ſome blackiſh, ſome ſtriped; the Bean is ſmall, and much reſembles a Kidney, from whence they have attained the name of Kidney beans. There is a kinde that bears a ſcarlet flower, more planted for ornament then any thing elſe.

Names.] In Latine it is called *Phaſeolus*, in Engliſh French and Kidney Beans.

Place and Time.] They delight the grow in good ground, and muſt be planted about the latter end of *April*, or beginning of *May*; for ſooner the froſt will deſtroy them: their fruit is ripe about *Auguſt*, and *September*, ſometimes in *July*.

Temperature and Vertues.] *Kidney beans are accounted hot and moiſt in the firſt degree, eaſie of digeſtion; they nouriſh much, increaſe ſperm, and are very venerial; they excellently provoke Urine, and are great friends to the Kidneys, they help ſhortneſs of breath by opening the Breaſt, and ſtrengthen the Liver and Stomach, and a weak back: the dryed beans in Winter may be boiled and eaten with butter as*

peaſe

peaſe are, and being beaten to powder and given in white wine, they are good againſt the Stone, and cleanſe and ſtrengthen the Kidneys, taking the quantity of a dram at a time.

Bears-foot, Vide *Hellebore.*

Ladies Bedſtraw. Gallium.

Deſcription. COmmon Ladies Bedſtraw ſpringeth up with ſmall ſquare brown ſtalks, at the firſt ſtanding upright; but when it cometh to its uſual height, which is about a foot or half a yard, the tops lean a little downward, being uſually branched out into divers parts full of joynts, with divers very fine ſmall leaves at every one, ſet at equal diſtances like Woodroof, but a great deal leſs, and ſcarcely having any roughneſs at all; at the branches tops from ſeveral joynts do ſpring forth many long tufts of yellow flowers, ſtanding very thick one above another, having four leaves apiece, ſmelling not unpleaſant, yet ſtrong and reſinous: the ſeed is black and ſmall like poppey ſeed, and having two moſt uſually joyned near together; the root is ſomewhat red, and hath many ſmall threads faſtned to it, by which it taketh faſt hold of the earth, creeping a little way under it, and the heavineſs of the flowers weigh the branches to the ground, that it taketh root again at the joynts thereof, whereby it moſt increaſeth. There is another kinde called Common white-flowred Ladies Bedſtraw. There are four other kindes which are found in Italy, Germany, and Candy, where I leave them.

Names.] It is called in Greek γάλλιον, and γάλιον, and by ſome γαλίφιον, and γαλάφιον, from γάλα milk, becauſe formerly they uſed it inſtead of Runnet to turn the milk into a curd for to make Cheeſe, for which it is ſaid to ſerve very well; and therefore it is called Cheeſe Runnet, both here and beyond the Seas. The Latines call it alſo

Gal-

Gallium, and that with white flowers *Mollugo*; in Engliſh Ladies Bedſtraw and Maids-hair, from the fineneſs of the leaves.

Place and Time.] The Common Ladies Bedſtraw grows in dry Paſtures, Cloſes, and Meadows, and ſometimes in thoſe that are wet: the white flowred groweth in the Abbey Orchard at St. *Albans*, and divers other places; they flower in *May* and *June*, and the ſeed is ripe in *July* and *Auguſt*.

Temperature and Vertues.] *The name of this plant attributes it to the dominion of* Venus, *but I judge* Mercury *is the chief ruler thereof; it challenges the preheminence above Mugwort, for preventing the ſore wearineſs of Travellers. The decoction of the herb and flowers uſed warm, is excellent good to bathe the ſurbated Feet of Footmen and Lackies in hot weather, and alſo to liſſome and mollifie the ſtiffneſs. and wearineſs of their joynts and ſinews, being bathed with the ſaid decoction; the ſame may be done with an oyntment, or oyl made of the ſaid Herb and flowers, which you may alwayes keep in readineſs, which is available not onely for the ſame purpoſe, but alſo for Burnings and Scaldings, and for the dry Scab and Itch in Children. The way to make the oyl, is by infuſing the herb and flower in a ſufficient quantity of ſallet Oyl, and ſetting it in the heat of the Sun for ten or twelve dayes, as oyl of the flowers of Cammomile, and other oyls by infuſion are made. The oyntment you may make by boiling the flowers and herb in Hogs Lard or Sallet Oyl, adding to it ſome melted Bees wax after it is ſtrained: either of theſe may be uſed for prevention before a Journey is taken: or afterwards, for a cure; firſt bathe the feet with the decoction, and afterwards anoint them with either oyl or oyntment; but you are not alwayes ſure to have the herb and flowers in readineſs for a decoction; therefore you may be provided with the Oyl or Oyntment, or both, which will ſerve your turn without it. The Germans praiſe that with white*

flowers

flowers to make an excellent bath to ſtrengthen and comfort the weak and weary Sinews, Arteries, and Joynts. Some Cheſhire *dairy women uſe the other as is reported in their Runnet, for which cauſe it obtained the name of Cheeſe Runnet, as is ſaid before. The decoction of the herb is likewiſe effectual being drunk, to provoke Urine, it helps to break the Stone, and to ſtay inward bleedings, and to heal inward wounds. The herb and flowers bruiſed and put up into the noſtrils, ſtayeth their bleeding, and ſo it doth the bleeding of Wounds, and being applyed to a place that is burned, it draweth out the fire and healeth it.* Dioſcorides *reports that the Roots are good to ſtir up Luſt, which vertue ſome alſo attribute to the flowers.*

Beets. Sicula.

Deſcription. THere are of Beets both white and red; the white is the moſt common, which ſpringeth up with many whitiſh green great leaves next the ground, after cometh a ſtrong ribbed ſtalk, bearing leaves almoſt to the top, the flowers grow in tufts which hang down their heads, the ſeeds are cornered and prickly, the root great and long, and periſheth commonly the ſecond year.

Names.] It is called in Latine *Beta*, and *Sicula* by ſome, in Engliſh Beets.

Place, and Time.] They grow onely with us where they are planted in Gardens, they continue green the firſt Winter, and afterwards flower in *July*, the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *The white Beet is temperate in heat and moiſture, they looſen the belly and provoke Urine, and are good againſt bitings of venomous beaſts: the juyce thereof mixed with honey and dropped into the ears, eaſeth the pains and noiſe thereof, and ſnuffed up into the noſe, it recovereth a loſt ſmelling: the decoction of the roots and leaves cleanſeth*

the head of Scurf, Scales, and Nits, helps the falling of the hair, helpeth Freckles, Spots, and kibed heels if they be first rubbed over with salt Peter: it helps running Sores, Wheals, and Inflammations. They are likewise good against obstructions of the Liver and Spleen, and the juyce of them is good against the Head-ache and Swimmings of the Brain, being snuffed up into the nostrils, it purgeth the head by drawing forth Rheume, and being applyed to the Temples, it easeth pains and helps inflammations of the Eyes: but if Beets be too frequently eaten, they offend the Stomack, and therefore are most effectual and best, being seldom used.

The Beech-Tree.

I Shall not need to take up room to describe this tree, he is very well known; it is called in Latine *Fagus*, and the fruit *Nuces fagi*, in English Beech mast: the fruit is ripe towards *Michaelmas*.

Temperature and Vertues.] *The leaves are cooling and astringent, the fruit hot and moist in the first degree, very astringent, a plant of* Jupiter: *The leaves are good for Ulcers, being boiled to a pultis, or made into an oyntment when they are green; they are good for to take away Blisters and Gauls of the skin, and to discuss hot swellings. There is a water found standing in the hollow of old Beeches which cureth the Itch,* * *as I have proved. The leaves are good to chew against inflammations of the Gums and Lips. The decoction of the Leaves, Bark, Buds, or Husks in running water, stoppeth the overflowing of womens Courses, being sate over, and causeth the Mattix and Fundament that are fallen down to go up to their right places: the decoction thereof in red Wine with Cynamon and Sugar being drunk, doth*

* I have taken water out of an hollow Beech in *Bramsil* Park in *Hampshire* which hath cured the Itch *R. Turner, Anno*, 1644.

doth the like; the maſt or fruit being burned to aſhes and mixed with honey is good for a ſcald Head.

Water-Betony. Betonica Aquatica.

Deſcription. WAter-Betony ſpringeth up with a ſquare hard ſtalk, of a darkiſh green colour, ſhooting alſo forth broad dark green leaves dented about the edges, commonly two at a joynt: at the joynts and at the top come forth flowers of a dark red colour, like a hood at top, and the lowermoſt part hanging gaping down, after which come ſmall browniſh round heads, the root is fibrous and periſheth every winter.

Names.] It is called in Latine *Betonica Aquatica*, in Engliſh Water-Betony and Brook-Betony.

Place, and Time.] It groweth plentifully by Brooks and Rivers ſides, in moiſt Ditches in watery places, as about the Rivers ſide between *Holſhot-Bridge* and the Mill in *Hampſhire*. They flower in *July* and *Auguſt*, and the ſeed is ripe in *September*.

Temperature and Vertues.] *Some write that Water-Betony is hot and dry, but I rather judge it to be cold and dry; a Plant of* Saturn, *as its vertues and operations will demonſtrate: I am ſure it is a good cooler in Burnings and Scaldings; with it I cured ones Leg ſcalded all over, making the Medecine thus, Take freſh Hogs Lard, new Sheeps Dung, and the leaves of Water-Betony, pound them in a Mortar and make them into an Oyntment. It is likewiſe good to diſſolve ſwellings and hard knobs, being ſtamped with Vinegar and applyed three times a day. The ſeed is good for the Sciatica, being taken in Wine with Myrrhe and Pepper: The decoction of the leaves in Spring Water is good for all unkinde heats, and is excellent to cure the Itch, Wheals, and Puſhes. The diſtilled water taketh away Sun-burnings, Spots, and Redneſs of the Face; ſo do the leaves being ſtamped and made into an Oynt-*

ment with Cream: the juyce boiled with Honey and Tents dipped therein is effectual to cure old and new Sores. The ſeed is effectual to expel Worms out of the Belly, a dram thereof at a time being taken in Wine: the Leaves ſtamped and applyed to old ſpreading and corrupt Sores and Pocks healeth them, and the juyce of the Herb being drunk helps bleeding at Noſe, and them that ſpit Blood, and cures the botch in the Throat: It is alſo commended for the Piles and Hemorrhoides, either applyed outwardly, or the powder thereof drunk, or ſtrewed upon the grieved place.

Wood-Betony. Betonica.

Deſcription. WOod-Betony ſpringeth up with many leaves from the root running up with a tender ſtalk of about an handful, and ſometimes more, the leaf growing at the end thereof, and is ſomewhat broad and round at the end, of a darkiſh green colour, finely dented about the edges; the ſtalk runs up in the middle of theſe leaves a foot high, or more, upon which grow leaves by two and two at a joynt, which are far ſmaller then the lower leaves; the flowers grow with ſpiked heads on the top of the ſtalks, of a purple colour; the root is fibrous, the ſtalk periſheth, but the leaves growing from the root are to be found all Winter.

Names.] In Latine it's called *Betonica*, Betony in Engliſh.

Place and Time.] It delights to grow in Woods and ſhady Hedge-rowes, in which places if it be dry ground you ſhall not miſs of it, and flowers in *June* and *July*.

Nature and Vertues.] *This herb is hot and dry, almoſt to the ſecond degree, a plant of* Jupiter *in* Aries, *and is appropriated to the Head and Eyes; for the Infirmities whereof it is excellent, as alſo for the Breaſt and Lungs, being boiled in milk and drunk, it takes away pains in the Head and Eyes.*

Pro-

Probatum. *Some write it will cure thoſe that are poſſeſt with Devils, or Frantick, being ſtamped and applyed to the forehead; being boiled in white Wine with Vervain, Horehound, and Hyſop, and applyed hot, it cures the Megrim. The powder of the leaves drunk in Wine or Beer, or being eaten with ſlices of bread ſteeped in Wine, doth reſtore the Brain, helps noiſes and giddineſs of the Head; or being taken in pottage it comforts the Stomack and helps Digeſtion. A conſerve of the flowers, or an Electuary thereof helps the Jaundies, Palſie, falling Sickneſs, Convulſions, Gout, Dropſies, and a continual Head-ache: The leaves or flowers may alſo be boiled in broth for the ſame purpoſes. An Electuary made of the powder with honey, cures Colds, Coughs, and the droppings of Rheume upon the Lungs which cauſeth Conſumptions. The decoction of the Herb in Metheglin with a little Penny-royal is good againſt Quartan Agues, and purgeth away ſuperfluous humours falling into the Eyes: it likewiſe kills Worms, opens the Liver and Spleen, cures Stitches and Gripings in the Bowels, being boiled in Wine; it likewiſe provokes the Terms and purges the Belly, being mixed with Honey; it helps fits of the Mother, and cauſes ſpeedy delivery: and the quantity of a dram of it in powder taken in Syrrup of Vinegar doth refreſh thoſe that are wearied by Travel, ſtayeth bleeding at the Noſe, and helps thoſe that ſpit or piſs Blood. Many are the Vertues of Betony, ſo that I ſhall conclude with the words I found in an old Manuſcript, under the Vertues of it.* More then all this hath been proved of Betony.

It would ſeem a miracle to tell what experience I have had of it.

☞ See more of this in the Expert Doctors Diſpenſatory, written by *P. Morellus.*

Bilberries, or Whorts. Vaccinia.

Deſcription. THis Shrub creepeth along upon the ground, ſeldom exceeding above half a

yard high, having ſmall dark green leaves, a little dented about the edges; at the foot of the leaves ſhoot forth the flowers, which are ſmall, and of a pale bluſh colour, the brims having five points with a ſmall reddiſh thred in the middle; after which come ſmall round berries of a purple or blackiſh colour, of a ſharp ſweetiſh taſte, the root ſpreads and creeps along in the ground, ſprouting up in ſeveral places.

Names.] They are called in Latine *Vaccinia*, in Engliſh Bilberries, Whorts, and Whortle-Berries.

Places and Time.] They grow plentifully in dry Woods, and barren hilly places, and abundantly in the Woods near *Guilford* in *Surrey*; ſo that the Countrey people make Pyes and Tarts of them as we do with other Fruits, and they taſte almoſt like Damſon Tarts: They are ripe in *June* and *July*.

Quality and Vertues.] *The Bilberries are cold in the ſecond degree, and do a little binde and dry; the Berries are good for thoſe that are troubled with an old Cough, or Ulcer in the Lungs; but offenſive to thoſe that have a cold or weak Stomach: and therefore it is better for them to take it either in a Syrrup made of the Juyce, or a Conſerve made of the Pulp; and thus they are effectual in hot Agues, and cool the heat of the Stomach and Liver, and do ſomewhat binde the Belly, and ſtayeth Vomitings and Loathings, and by it's binding quality ſtayeth Lasks and Fluxes of Blood.*

Bifoil, or Twayblade. Bifolium.

Deſcription. THis Herb ſpringeth up with a ſlender ſtem or ſtalk, fat, and full of juyce from many ſmall threddy ſtrings faſtned unto a ſmall knot or root; about the middle whereof, are orderly placed two broad leaves ribbed much like Plantain leaves; at the top of the ſtalk groweth a ſlender greeniſh buſh of many ſmall flowers

flowers, reſembling Flyes or Knats, like the third kinde of Serapio's or female Goatſtones, and indeed it is a kinde of Serapio,

Names.] In Latine its called *Bifolium* and *Ophris*, the Engliſh names are above.

Place and Time.] It loves Meadow and Marſh grounds, moiſt and ſhadowy places, flowers in *May* and *June*, and is ſoon gone like Orchis.

Nature and Vertues.] *It inclines to cold and dryneſs, and is good in Unguents and Balſoms for green Wounds, and Burſtings or Ruptures.*

Blue-Bottle, or Corn Flower. Cyanus.

Deſcription. THere may be reckoned up of theſe ſeveral kindes, as *Cyanus major, Vulgaris, Purpureus, Albus, Violaceus, Variegata*; That is the great Blue Bottle, or Corn flower, the common, the purple, the white, the violet colour, and the variable; Theſe are all of kin to the Corne Scabious, and uſeleſs in Phyſick, there being better Medecines more known: what defects ſoever theſe have, the Scabious ſupplyes; therefore I'le ſay no more of it, but onely that the Common Blue Bottle is reputed good againſt inflamed eyes being of a cold Temperature.

Brank Urſine, or Bears-breech. Acanthus.

IT is a ſtranger in *England*, onely the Garden kinde called *Hortenſis Acanthus* may be found in Phyſick Gardens, but is naturally a German plant, and is reckoned amongſt the kindes of Thiſtles.

The Garden kinde is called *Hortenſis Acanthus*; the wilde *Acanthus Sativus*; the one is a German, the other an Italian; yet *Culpeppers* Romancer would make an Engliſh Phyſician of them.

Nature and Vertues.] *The leaves hereof are of a mean Temperature, between hot and cold, of a mollifying and digeſting faculty, and may be uſed for Limbs burnt with fire or out of joynt, ſaith* Dioſcorides, *and the decoction helps the Priſick, and ſuch as ſpit blood, or have bruiſed or overſtrained themſelves, as Comphrey Roots doth; and of the Roots are made a Plaiſter againſt the numneſs of the hands and feet; it is alſo uſed in Gliſters, and the decoction of the Leaves provoke Urine, ſtop the Belly, help the Rupture, Cramp, and ſuch as ſpit Blood.*

Bindeweed or Belflower. Campanella.

Deſcription. THe great blew Bindeweed ſpringeth up with many long and winding branches, winding it ſelf contrary to the courſe of the Sun upon any thing that is near it: the leaves are round and pointed at the end like a Violet Leaf, but larger, of a deep green colour. The flowers come forth on pretty long foot ſtalks two or three together, at the joynts of the branches where the leaves are ſet, at firſt long like a finger, of a pale whitiſh blue colour, but afterwards they grow broad like bells, and become of a deep blue, tending to purple, which after they are fallen away, the ſtalks whereon they ſtood bend downwards, and ſend forth husks, containing in them three or four ſeeds apiece, which are black, aud about the bigneſs of a Tare, the roots are ſtringy, and dye every Winter.

Names.] The various kindes of this flower, or weed as it is more generally called, hath obtained ſeveral names, as in Greek σμίλαξ λεία, and in Latine *Smilax lævis*, and becauſe it windeth about whatever is next to it, it is called *Funis Arborum*, and *Campanella*, from the flowers reſembling a little Bell. It is called alſo *Convolvulus*, *Orobanche*, with many other names, which for brevities ſake I omit,

and

and in Engliſh, Bindeweed, Withwinde, and Devils Gut, *&c.*

Places and Time.] They are taken into Gardens for the beauty of the flowers, and may be alſo found in Corn Fields: I mean the common Bindeweed, and flower about the latter end of Summer, ſeldom perfecting their ſeed in *England.*

Temperature and Vertues.] *Bindeweeds are moſt of them hot and dry towards the ſecond degree: The decoction thereof in white Wine is a good remedy for the Chollick, it purgeth Phlegmatick and Melancholly Humours, and killeth worms; yet it is apt to trouble the Stomack, and cauſe Vomitings. The juyce of the black Bindeweed being drunk, doth looſen the Belly, ſo doth the powder thereof drunk in Wine, or any other liquor:* and Galen *ſaith, the bruiſed Leaves applyed to Tumors and Knots in the Fleſh, diſſolveth them. It is alſo ſaid, that if any place where hair groweth, if it be anointed with the juyce hereof, after the hair is plucked up by the roots, it ſuffereth it not to grow there any more.*

Bitter-ſweet, or Wooddy Nightſhade.
Amara dulcis.

Deſcription. IT ſpringeth up with many ſlender, wooddy, winding brittle ſtalks, about a mans height, ſometimes higher, folding it ſelf about any thing it is next unto, without any claſpers at all, having a whitiſh rough bark, and a pith in the middle, ſending forth branches on every ſide; green while they are young, and ſo are the new ſhoots of thoſe that are elder. The leaves are ſomewhat like unto thoſe of Nightſhade, but that they are pointed at the ends, and grow diſorderly upon the ſtalks, having uſually growing upon the footſtalks between the leaf and the branch, two ſmall leaves or pieces of leaves like

like little wings, of a pale green colour, but ſome of them have but one, and ſome none: at the tops and ſides of the branches upon ſhort footſtalks come forth the flowers, ſtanding many together, like a long Umbel one above another, conſiſting of five narrow and long leaves of a Violet purple colour, with a long gold yellow pointell ſticking forth in the middle; after which come round and ſomewhat long Berries, green at firſt, but red and full of juyce when they are ripe, of an unpleaſant bitter taſte, yet ſweet at firſt, having many flat white ſeeds in them; the root groweth not very great, but ſpreadeth it ſelf with many ſtrings under the ground.

Names.] In Greek γλυκυπίκρον, *Amara dulcis* in Latine, becauſe the Bark being chewed, taſtes firſt bitter and ſweet afterwards; it is alſo called *Solanum Lignoſum*, in Engliſh Bitter-ſweet, Wooddy Nightſhade and Felon-wort, becauſe it cureth Felons on the Fingers.

Place and Time.] It grows by Ditches ſides and Hedge whereon it runneth flowers about *July*, and the Berries are ripe in *Auguſt*.

Nature and Vertues.] *The Leaves and Berries are hot and dry, cleanſing and waſting away, and if they muſt have a peculiar maſter, let* Mars *have them: though* Culpepper *aſcribes it to* Mercury, *becauſe it cures Witchcraft, but* Mars *may be as great a Witch as* Mercury. *The leaves or Berries of Bitter-ſweet bruiſed and ſtamped with ruſty Bacon, or Hogs Greaſe and applyed to Felons on the joynts of the fingers is a ſpeedy remedy for the ſame: The leaves and tender branches being infuſed in three pints of White Wine in a pot cloſe covered over the fire for the ſpace of twelve hours, and afterwards being ſtrained and drunk about a quarter of a pint in a morning, many mornings together, is uſed with good ſucceſs to open obſtructions of the Liver, Gall, and Spleen, for the yellow and black Jaundies, and to cleanſe women newly brought*

to

to bed, and is alſo available for difficulty of breathing, and congealed blood in any part of the Body, Bruiſes, and Falls, and is good againſt the Dropſie, gently purging away waterish, and other humors, both by Urine and Stool: It is likewiſe good againſt putrid Feavers and Agues, for Ruptures and Wounds, and when any Bone is broken, or out of joynt. By a ſpecifick property being hung about the neck, it removeth ſuch ſudden diſtempers as ſwimming in the Head, or giddineſs; and therefore as Tragus *ſaith, the German Shepherds hang it about their Sheeps necks when they are troubled with a ſwimming in the head, cauſing them to turn round: but this is far from Witch-craft.*

The Birch Tree. Betula.

Deſcription. THis tree in many places groweth to be a tall ſtreight tree, with many Boughs and ſlender branches, bending downwards; the elder groweth with a rough chapped bark, the younger are browner and ſmoother; the leaves at firſt are crumpled, but after they are fully out, they are ſmooth, and of a fine ſmell: it beareth Catkins wherein the ſeed is contained.

Names.] It is called in Latine *Betula*, in Engliſh Birch.

Place and Time.] They grow frequently and plentifully in moſt Countries of this Land, as in the Woods of *Hampſhire* in *Danmore*, at *Holſhot*; but in ſome Countries as in *Oxford* and *Northamptonſhire*, it is a rarity: the Catkins come forth in *April*, and the ſeed is ripe in *September*.

Quality and Vertues.] *The leaves are cooling, but the Bark and Catkins are hot. The decoction of the inner Bark doth drive down the Terms and Afterbirth, and cleanſeth the Womb from ſuperfluities; the juyce, or diſtilled water of the young leaves, or the water that iſſueth out of the tree, being bored with an augure, taken either before or after is is diſtilled again,*

again, is effectual to break the Stone in the Kidneys and Bladder, and to waſh ſore Mouths; for which a Lye made of the inner Bark is effectual.

Birthwort. Ariſtolochia.

Deſcription. THe ordinary Birthwort ſhooteth forth divers long ſquare ſtalks a foot long, or thereabouts, with many yellowiſh green leaves; at every joynt with the leaves from the middle of the ſtalk upwards groweth one long hollow Flower, broader at the top then at the bottom, of a browniſh yellow colour, after the Flower cometh a fruit much like a Walnut, when the green ſhell is of, which openeth into three parts when it is ripe, wherein is the ſeed flat and round, ſeparated by certain skins, the root is round and tuberous.

Names.] In Latine it is called *Ariſtolochia*, in Engliſh Birthwort.

Place and Time.] That with the long root groweth naturally in *England*, about *Reading*; but that with the round is found onely in the Phyſick Garden at *Oxford*, and other places of rareties: they grow naturally in *Spain* and *Italy*, and about *Montpelier*, where they flower and ſeed in *May*, *June*, and *July*.

Quality and Vertues.] *It is hot and dry in the ſecond degree, the root cauſeth ſpeedy delivery in women, expells the Afterbirth, and provokes the Terms: it purgeth Phlegm and Choller, and expells Winde, and is good againſt diſeaſes of the Breaſt, Spleen, Stomach, Brain, and Nerves, Convulſion, Ruptures, ſhortneſs of Breath, and Falling Sickneſs, and cold Agues. The decoction thereof cures Ulcers of the ſecret parts; the powder hereof cleanſeth the teeth: if it be mixed with the powder of the roots of Flower de Luce and Honey, it cleanſeth and healeth old rotten Ulcers; the powder hereof maketh the Teeth white, being rubbed therewith. It cures*

the

the Cancer and Pollypus in the Noſe, being mixed with Lime, powder of Aloes, and Honey, and made into an Oyntment with a little Wine, and Tents dipped therein and put into the Noſtril. And though that with the round root grow not in England, *yet you may have of it at our Druggiſts, by whom it is called* Ariſtolochia vera & Rotunda.

Biſhops-weed. Ammi.

Deſcription. IT ſpringeth up with a round ſtraight ſtalk, three or four foot high, having divers long and ſomewhat broad leaves cut in divers places and dented about the edges, growing on each ſide the foot ſtalk one againſt another, of a freeſh green colour, it beareth Umbells of white flowers, which bring a ſmall round brown ſeed, of a hot ſcent and taſte, the root is white and fibrous, periſhing every year.

Names.] It is called in Latine *Ameos*, and *Ammi*, in Engliſh Biſhops-weed, Herb-William, and Bulwort of ſome.

Place and time.] It grows in divers places of *England* and *Wales*, and namely by the Hedges ſides between *Greenhythe* and *Graveſend*, they flower in *June* and *July*, and ſeed in *Auguſt*.

Quality and Vertues.] *Biſhops-weed, eſpecially the ſeeds is hot and dry in the third degree.* Culpepper *aſcribes it to* Venus, *becauſe it ſtirs up luſt. I think* Mars *may do it as well as ſhee; but beſides this it is uſeful to diſſolve Winde, and and eaſe the Chollick, being taken in Wine, and to provoke Urine and Womens Terms, and profitable againſt the bitings of venomous Beaſts, and is ſucceſsful to be uſed in Medicines made of Cantharides, by quallifying their corroding operation upon the paſſages of the Urine; it takes away black and blue marks cauſed by blows or bruiſes, being mixed with Honey and applyed: and being drunk or applyed outwardly, it abates*

the

the redness of the face and nose, caused by drinking or otherwise, being given with Raisins, as Wormseed is to Children; it cleanseth the Matrix, and so it doth, the fume being received, mixed with Rozin.

Bistort, or Snakeweed. Bistorta.

Form.] THis Herb hath a thick short knobbed root, blackish without and reddish within, crooked or wreathed together, of a harsh astringent taste, with divers blackish fibres thereon; from whence ariseth divers leaves upon long foot stalks, much like a dock leaf, a little pointed at the ends, of a blueish green on the upper side, and of an Ash colour gray, and a little purplish underneath, having many veins therein: the stalks are small and slender, about half a yard high, growing without leaves, which beareth a spiky head of pale flesh coloured flowers, which produceth small seed like unto Sorrel seed, but greater.

Names.] It is called *Bistorta*, and *Serpentaria*, in English Bistort and Snakeweed.

Places and Time.] It grows in shadowy places at the foot of Hills in moist Grounds and Meadows. I have found it in the Meadows by *Wickomb* in *Buckinghamshire*. It flowers in *May*, and the seed is ripe in *July*.

Nature and Vertues.] *It is hot and dry in the third degree, and astringent; it is good against the bitings of Snakes and Serpents, from whence it got its name, and the poison of Toads, Spiders, and other venomous Creatures, if the place be washed with the distilled water of the Roots and leaves: It stayes all Fluxes, cures inward Bleeding, and Spitting of Blood, and Vomiting, the powder of the root being taken in Wine, or the Decoction being drunk: the juyce is good against the Polypus; and other Sores of the Nose; both the Leaves and Roots resist poison. The root in powder taken in drink, the quanti-*

quantity of a dram at a time, expells the venome of the Plague, ſmall Pox, Meaſels, Purples, and other Infectious Diſeaſes, driving it out by ſweating: The Root in powder, or the Decoction thereof being drunk, helps Ruptures and Bruiſes, diſſolving congealed Blood. The Decoction in Wine hindreth Abortion, the leaves kill Worms in Children, and helps them that cannot hold their Water, if ſome juyce of Plantain be added thereto, and outwardly applyed; it helps the running of the Reins: A dram of the root in powder taken in the water thereof, wherein ſome Steel hath been quenched, is effectual for the ſame, the body being firſt purged. The decoction of the whole plant is good for Wounds or Sores, the decoction of the roots in water with ſome Pomegranate Pills and Flowers is a good injection to reduce the Matrix to its right place, and ſtop the overflowing of the Courſes; the Roots will keep good a year or two. The Doſe in powder is from a Scruple to a Dram in decoction, from one dram to two or three, which may be made in poſſet drink, bruiſing the root onely.

☞ See more of this in *Adam in Eden*, by *W. Coles.*

Blackthorn, or Sloebuſh. Spinus.

THe Black Thorn is very well known to every boy for its Sloes, ſo that it needs no further deſcription.

Names.] It is called in Latine *Spinus*, in Engliſh Black Thorn, and the Sloe Tree.

Place and Time.] They grow plentifully in Hedgerowes in moſt places of this Land; they flower uſually in *March*, if the Spring be forward, yet the Sloes are not ripe till *October* Froſts bite them.

Nature and Vertues.] *Both the Sloe Tree and Fruit is cooling, drying, and the Sloes howſoever uſed are effectual againſt Laſks, Looſeneſs, and Fluxes of Blood, either in men or women: The decoction of the bark of the root performeth the like effects, and eaſeth pains in the Sides, Bowells, and*

Guts,

Guts, that come by overmuch Scowring or Looseness; the Conserve hath the same effect: the distilled water of the Flowers steeped one night in Sack and drawn therefrom in a body of glass, easeth gnawings in the Stomach, Sides, and Bowels, to drink a small quantity when they are troubled therewith. Sloes being stamped and tunned up in an earthen pot with new Ale, and so drunk, helps pains in the Breast, and the decoction of the Bark is good against pissing in bed. The distilled water of the green Sloes, and Flowers, as also the decoction of the green leaves is good to wash a sore Mouth, or Throat, and to stay distillations of Rheume into the eyes, and to ease hot pains of the Head, the Forehead, and Temples, being bathed therewith.

☞ See more of this in the Art of Simpling: written by *W. Coles.*

Blites. Blitum.

THere are two kindes of Blites, white and red, the white groweth up two or three foot, the leaves are somewhat like Beets, but smaller, rounder, and of a whitish green colour; the Flowers grow on the tops, in long tufts or clusters, wherein is contained a small round seed, the roots is fibrous.

Names,] It is called in Latine *Blitus*, and *Blitum*, in English Blite and Blites.

Place and Time.] Both sorts are found wilde in many places of this Land, and are also nourished in some Gardens: they flourish all Summer, seeds about *August* or *September*, and continues green all Winter.

Quality and Vertues.] *Blites are cold and moist in the second degree, under the dominion of* Venus; *their Physical use is to restrain Fluxes of Blood, either in man or woman; the red stayeth the Reds, and the white the Whites in women:*

The

The white Blite is proved a delightful bait to Fiſhes, as Anglers ſay.

Bloodwort. Vide *Docks.*

Borrage. Borrago.

THe Garden Borrage is ſo well known, it needs no Deſcription. *Borrago* is the Latine name thereof.

Place and Time.] It grows plentifully in Gardens in moſt places of this Land, and flowers in *July* and *Auguſt.*

Quality and Vertues.] *Borrage is one of* Jupiters *Cordials, hot and moiſt in the firſt degree, all parts of it are cordial, and do expel Sadneſs and Melancholy; it cleanſeth the Blood, and is effectual in putrid and peſtilential Feavers to defend the Heart. The juyce made into a Syrrup is good for the ſame purpoſe, and cleanſeth the Blood, and tempers the heat thereof; the conſerve of the Flowers is good for the ſame purpoſes, and is a good Cordial for ſuch as are in Conſumptions; it comforts the Heart and Spirits, and is therefore good for thoſe that are troubled with Swoonings and Paſſions of the heart. The diſtilled water is effectual for the ſame purpoſes, and helps Inflammations and redneſs of the Eyes, they being waſhed therewith. The Herb in Summer being boiled with ſome other Sallet Herbs, is an excellent Sallet and grateful to the Stomach, being eaten with Butter and Vinegar.*

The Bramble Buſh. Rubus.

I Shall not need deſcribe this Buſh; if you go by a Hedge it will be acquainted with you, if it can lay hold of your cloathes.

Names.] The Greeks call it βάτος, *Batus*, in Latine *Rubus* and *Sentis*, of ſome *Cynosbatus*, in Engliſh Bramble and Black-berry-buſh: the fruit Black-berries, which are called in ſhops *Mora Bati.*

Place and Time.] It is a companion for every hedge al-

moſt; it flowers in *July*, and the berries are ripe towards *Michaelmas*.

Temperature and Vertues.] *The Leaves, Root, and Berries of the Bramble are all of an aſtringent quality; its a plant of* Mars, *and is good to ſtop Fluxes and Lasks, and the decoction of the Flowers or unripe fruit, helps ſpitting of Blood, they alſo help Ulcers and Sores of the Mouth and Throat: the Leaves likewiſe are good to make Lotions for the ſores of the Mouth and privy parts, and to heal a cut finger too: the powder of the root expells the Stone and Gravel of the Reins and Kidneys; the berries or flowers are good againſt the poiſon of venomous Serpents. The decoction of them binde the Belly, and ſtop the over-flowing of womens Courſes; the juyce of the ripe berries being drunk, and the pumiſh of them (out of which it is ſtrained) being outwardly applyed to ſwellings in the Neck and Throat, is a ſpeedy remedy for thoſe Diſtempers. The diſtilled water of the flowers and fruit, is good in Feavers and heat of the Body. A ſyrrup of the ripe berries may be kept all the year for the purpoſes aforeſaid.*

☞ See further in *The Expert Doctors Diſpenſatory*: by *P. Morellus.*

Bryony. Brionia.

Deſcription. THere are two ſorts of Bryony growing here in *England*, the white Bryony or wilde Vine, and the black Bryony; the white Bryony ſpringeth up with long tender ſtalks, with many claſping tendrells, by which it catcheth hold and clambreth on thoſe things that are near it; the leaves are like our Vine leaves, but more hairy and whiter of colour: the flowers be white and ſmall, conſiſting of five leaves apiece, the berries grow in cluſters and are green at firſt, but red when they are ripe, the root groweth very big, and is bitter.

Names.]

Names.] The Latine name is *Bryonia*, in Engliſh Bryony and wilde Vine. Some call the white root Engliſh Jollap, and uſe it inſtead thereof.

Place and Time.] It growes in Hedge-rowes and Coppices in many of our Countreys, and flowers in *May*, and the berries be ripe in Autumne.

Quality and Vertues.] *The white Bryony is chiefly uſed in Phyſick, and is hot and dry in the third degree or more, an herb of* Mars; *it purgeth with great violence being taken alone, but a ſcruple or two of the powder of the root with a third part of Cynamon and Ginger, being drunk in white Wine, draweth away water abundantly both by Vomit and Stool, and therefore is good for the Dropſie: The compound water of Bryony, a ſpoonfull being taken at a time, eaſeth the fits of the Mother, expells the After-birth, and cleanſeth the Womb: ſo likewiſe doth a Peſſary of the root, and alſo draweth forth the dead Childe, it provokes Urine and purgeth the Reins and Bladder, opens obſtructions of the Spleen, draweth away Phlegm and Rheumes from the Head and Brain, and therefore is profitable in the falling Sickneſs and ſwimming of the head; the juyce applyed cleanſeth the skin from the Morphew and Leproſie; the root is good againſt the bitings of venomous Creatures, kills Worms, and is good againſt the Kings Evil, the juyce being taken with equal parts of Wine and Honey: the Berries and diſtilled water are good to take away ſpots and freckles in the face.*

☞ See more of this in *The Art of Smpling*: by *W. C.*

Brookelime. Becabunga.

Deſcription. BRookelime groweth up with thick ſtalks, parted into divers branches, the leaves are broad, thick, and ſmooth, like Purſlane leaves; but of a darker green colour, growing by couples upon the ſtalks: the flowers are of a blue colour, and grow upon

tender foot ſtalks, the root is white, having five ſtrings faſtned thereto at every joynt.

Names.] It is uſually called in Latine *Becabunga*, in Engliſh Brookelime.

Place and Time.] It groweth in ſmall Brooks, Ditches, and ſtanding Waters; it flowers in *June* and *July*.

Temperature and Vertues.] *It is of a temperate moiſt quality, ſome ſay dry,* Culpepper *aſcribes it to* Mars, *but I am ſure then his Logick is falſe, for it groweth not in martial places: I rather give* Venus *the rule of it. It is good againſt Dropſies and Scurvies, and is uſed in Spring time in water Gruel to purge the body from ill homours, and to cleanſe the Blood; it is alſo uſed with Water-creſſes and other Herbs for the ſame purpoſe: it is helpful to break the Stone in the Kidneys and Bladder, provokes Urine, and womens Courſes, and expells the dead Birth: it helps the Strangury, and heals inward Scabs in the Bladder, the juyce being drunk in Wine: being fryed with butter and vinegar, and applyed warm, it helps Tumors, and St.* Anthonies *fire being often renewed.*

Butchers Broom. Bruſcus.

Deſcription. THis groweth up ſomewhat more then a foot high, with a tough round ſtalk which ſpreadeth into divers green branches, the leaves are of a dark green colour, hard and prickly at the ends, it giveth a whitiſh green flower, conſiſting of four round pointed leaves, after which comes a round berry, which is red when it is ripe; the root is thick, white, and great at the head, from whence ſhooteth divers thick white tough ſtrings.

Names.] In Latine it is called *Ruſcus*, and *Bruſcus*, in Engliſh it is called Knee-holme, Knee-holly, and Butchers broom, becauſe Butchers uſe it to cleanſe their Stalls, and keep Flyes away from the meat.

Places

Places and Time.] It grows plentifully in dry waſte grounds and near Holly Buſhes, you may often finde it in moſt places of this Land in dry light ground: The berries are ripe about *September*, and the leaves abide green all Winter.

Quality and Vertues.] *The roots which are chiefly uſed in Phyſick are moderately hot and dry, with a thin quality; it is one of the five opening roots, and doth open obſtructions, provokes Urine, expels Gravel, and the Stone, helpeth the Strangury, drives down the Terms, cleanſeth the Breaſt of Phlegm, and the Cheſt of clammy humours, being taken with Honey: the berries may be uſed in Electuaries for the ſame purpoſe. The juyce being drunk, and a pultis made of the berries and leaves being applyed, is effectual in knitting broken Bones, or parts out of joynt. In diſeaſes of the Reins and Bladder, a Decoction of the five opening roots is thus made; Take of this root, and the roots of Parſley, Fennel, Smallage, and Graſs, of each a like quantity, and boil them in White Wine, and drink the decoction, reſpect being had to the ſtrength of the Patient, in making it ſtronger or weaker. It may alſo be made in water for want of wine, and ſweetned with Sugar.*

Broom, and Broomrape. Geniſta.

THe Broom needs no deſcription, the Broomrape ſpringeth up from the roots of the Broom, in form like unto Baſtard Orchis, called Birds-neſt, having a root like a Turnip or Rape.

Names.] It is called in Latine *Geniſta*, and the broomrape, *Rapum Geniſtæ*.

Place and Time.] Broom delights to grow in dry grounds, and quickly over runs whole Fields, if they lie a little untilled. My Fathers Grounds at *Holſhot* in *Hampſhire* are never free from it altogether; it flowers about the latter end of Summer.

Quality and Vertues.] *Broom is hot and dry in the ſecond degree, cleanſeth and openeth, purgeth phlegmatick and watry Humors, is very good for the Dropſie and Green Sickneſs, and for the Gout, Sciatica, and other pains of the Joynts, helps the ſwellings of the Spleen, provokes Urine, and thereby cleanſeth the Reins, Kidneyes, and Bladder, and breaketh the Stone; the powder of the leaves and ſeeds taken in Wine, cures the black Jaundies: and a Conſerve of the flowers is good againſt the Kings Evil, the diſtilled water is good for the ſame. The flowers made into an Ointment with Hogs Greaſe, cures pains in the Knees, the ſwellings of the Kings Evil, Winde, and Stitches in the ſides, being applyed thereto, and the bitings of venomous Creatures. The Oyl of the Roots cleanſeth the body from Freckles; the pickled buds ſtir up an appetite to meat, opens the Spleen, and provokes Urine: the Broom Rape infuſed in Oyl, and ſet in the Sun for certain dayes, makes an oyl to take away Wheals and puſhes from the face, or any other part of the Body.*

Buckshorn Plantain. Herba ſtella.

Deſcription. IT groweth up at firſt with ſmall long narrow green leaves like Graſs, the leaves that follow are gaſhed on each ſide, like the ſnags of a Bucks Horn, and when they are thorow grown, they lie upon the ground round the root like a Star, from which riſe up divers ſtalks with ſpiky heads like common Plantain; the root is ſmall, with divers fibres hanging thereto.

Names.] It's called in Latine, *Cornu Cervinum, Herb ſtella,* and *Sanguinaria.*

Place and Time.] It delights to grow in dry ſandy Grounds, and flowers in the Summer moneths; the leaves keep green all the Winter.

Quality and Vertues.] *It is cooling, drying, and aſtringent, the decoction in Wine ſtrengthneth the Reins and Back, and cool-*

cooleth the heat of the Reins and Kidneys; wherefore it is good for thoſe that are troubled with the Stone: it helps the Bloody Flux, and Lasks of the Belly, and other bleeding, helps the Chollick, breaks the fits of Agues, ſtayeth bleedings at the Noſe, and the decoction either in ale or wine, ſtayeth the diſtillations of hot and ſharp Rheumes from the Head to the Eyes: it is a Plant under the dominion of Saturn.

Of Bugle. Conſolida media.

Deſcription. BUgle hath larger leaves then Self-heal, but not much different, ſome green on the upper ſide, others more browniſh, ſomewhat hairy and dented about the edges, the ſtalk is ſquare and hairy, about a foot high, the leaves ſtand by couples, and from about the middle of the ſtalk to the top, ſtand the flowers which are blueiſh, and ſome of an aſh colour, like thoſe of ground Ivy; the ſeeds are ſmall, round, and blackiſh, the roots like thoſe of penny-royal.

Names.] It is called in Latine *Conſolida media*, *Buglum*, and *Bugula*.

Place and Time.] It groweth in wet Copſes, and moiſt Fields, and flowers from *May* to *July*, the root abides many years.

Quality and Vertues.] *It is temperately hot and dry, and ſomewhat binding, an herb of* Venus; *it wonderfully cures Ulcers and Sores, whether new or old, the leaves being bruiſed and applyed: the juyce made into a Lotion with honey and allome, cures ſores of the Mouth and Gums, and all ſores and ulcers of the privy parts: The decoction in wine diſſolves congealed blood, and helps inward Bruiſes and Wounds, and is a ſpecial herb in wound Drinks, and for thoſe that are Liver grown. Take Bugle, Scabious, and Sanicle, boil them in hogs greaſe, till the herbs be dry, then ſtrain it and keep it for a ſingular oyntment for all ſorts of hurts in the body.*

Bugloſs. Bugloſſum.

THis needs no deſcription, it's Latine name is *Bugloſſum*; and for it's Vertues I ſhall refer you to Borrage, they are both excellent cordial herbs, under the dominion of *Jupiter*, ſtrengthners of the heart and lungs, and breaſt: An Electuary may be made of Bugloſs roots for the Cough, and to condenſate and expectorate thin Phlegm, and Rheumatick diſtillations upon the Lungs.

Vipers Bugloſs. Echium.

Deſcription. THis ſpringeth up with many rough leaves lying on the ground, the ſtalks are rough, hard, and prickly, ſpotted like a Vipers skin, the leaves long, rough, and hairy, of a ſad green, the middle rib for the moſt part white; the flowers grow in ſpiky heads on the tops of the ſtalks of a purple violet colour, the ſeeds are blackiſh cornered like a Vipers head, the root is woody, but periſheth every Winter.

Names.] The Greeks call it Ἔχιον, ſome Latines *Echium*, and *Bugloſſum ſilveſtre Viperinum*, Vipers Bugloſs.

Place and Time.] It grows wilde in many places of this Land, flowers and ſeeds about the middle of Summer.

Temperature and Vertues.] *It is cold and dry, yet the ſeeds and roots are good to expel Melancholly, temper the Blood, and allay hot fits of Agues, procures milk in womens Breaſts, eaſeth pains of the Reins and Kidneys, helps bitings of venomous creatures, is effectual againſt poiſon, and poiſonous Herbs. The diſtilled water being uſed inwardly or outwardly, as occaſion ſerves; a ſyrrup may likewiſe be made thereof, which is good to expel ſadneſs, and comfort the heart.*

☞ See further in *The Art of Simpling*: by *W. Coles.*

Bur-

Burnet. Pimpinella.

Deſcription. THis ſmall herb ſendeth forth divers long winged leaves finely dented about the edges, green on the upper ſide, and grayiſh underneath, ſet on each ſide with a middle rib; the ſtalks riſe about a foot high, of a brown colour, the flowers are ſmall, of a purpliſh colour, the ſeed cornered, the root ſmall, long, and blackiſh, with ſome fibres.

Names.] Some call it in Latine *Pimpinella*, and *Pimpinula*, and *Sanguiſorba*.

Place and Time.] It groweth wilde in moſt dry hilly grounds, as all along the way almoſt between *Graveſend* and *Rocheſter*, and is alſo nouriſhed in Gardens; it flowers in *June* and *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *Burnet is hot and dry in the ſecond degree, a plant of the Sun, a great friend to the heart, and principal members, quickens the ſpirits, and expells melancholly, defends the heart from infection, the juyce being taken in ſome proper drink, and the party ſweating thereupon: It ſtops fluxes of Blood, Scourings, and the overflowings of womens Courſes and the whites, helps chollerick belchings of the Stomach, and is a ſingular good wound herb; and in Summer a little of this herb being put in a glaſs of Claret, gives it a pleaſing reliſh.*

Burdock and Butter-burre. Bardana.

Form. BUtter-burre ſendeth forth his flowers before the leaves like Coltsfoot, which grow upon a thick ſtalk, of a deep red colour, they quickly fall away, then come the leaves which grow bigger then the Burdock, of a pale green colour above, and hoary underneath; the root is blackiſh without, and white in the inſide, of a bitter taſte.

Names.]

Names.] The Burdock is called in ſhops *Bardana*, and *Lappa major*, the Butter-burre *Petaſites*.

Place and Time.] They grow plentifully by Brooks, Ditches, and High-way ſides, delighting in good ground; the flowers and burrs come forth in *July*, and the ſeed is ripe in *September*; the Butter-burr flowers in *March*, and the leaves ſpring up in *April*.

Nature and Vertues.] *The Burdock leaves are moderately cold and dry; the butter-burr hot and dry in the ſecond degree: the Burdock leaves reduce the matrix to its right place, by drawing it up or down, applying the leaves to the crown of the head, or ſoles of the feet, according as it is diſplaced; they are good for ſores, and Ulcers, to eaſe pains in the Sinews and Arteries, and the Gout; it helps kibed heels, being bruiſed with the white of an Egge, it takes the fire out of burnings: the juyce or the roots drunk in wine, helps the bitings of Serpents, and being beaten with a little ſalt and applyed to the place, it gives preſent eaſe; it alſo provokes Urine, helps Stitches, Conſumptions, and Ulcers of the Lungs: the root drunk in Malmſey with a little Nutmeg, ſtayes the running of the Reins, the Whites, and ſtrengthens the Back; the young ſtalks increaſe ſeed, being eaten raw with ſalt and pepper, or boiled.*

The Butter-burr roots taken with Zeadory, and Angelica, helps fits of the Mother, provokes the Courſes, Urine, and kills Worms in the Belly, and are effectual againſt peſtilential diſeaſes, by provoking ſweat: and the decoction in Wine helps thoſe that are ſhort winded.

Cabbage and Coleworts.

IT were labour more then needs to deſcribe theſe, or give them any other names; their places are in well manured Gardens. We proceed to their Nature and Vertues.

Cab-

Cabbages are of a drying aſtringent quality, ſalt or Nitrous, yielding ſmall nouriſhment, and ingendring melancholly blood: the decoction of them drunk with honey helps hoarſeneſs, allayeth the ſwellings, and takes away the pains of gouty knees and legs, it helps old ſores, puſhes, and wheals in the skin; the leaves draw abundantly, and therefore are good for filthy ſores: the decoction of the flowers provokes the terms. The juyce boiled with honey and dropped into the eye clears the ſight, conſumes Films, and the Canker growing therein. *Gerhard* commends a raw Cabbage leaf to be eaten faſting againſt an involuntary Gonorrhea.

Calamint. Calamintha.

Deſcription. THis herb ſeldom grows above a foot high, the ſtalk is ſquare and wooddy, with two ſmall leaves at a joynt, a little dented about the edges, of a quick ſcent; the flowers grow from the middle of the ſtalk to the top, of a pale bluſh colour: the ſeeds round and blackiſh, the root abides in the ground many years.

Names.] In Latine *Calamintha*, in Engliſh Calamint, and Mountain mint.

Place, and Time,] is groweth plentifully in hilly dry grounds, flower and ſeed about *July*.

Nature and Vertues.] *It is hot and dry neer the third degree, of a biting taſte, an herb of* Mars; *it opens obſtructions of the Liver, and cures hardneſs of the Spleen, helps overflowing of the Gall, the tertian Ague, and old Coughs; it drives down womens courſes, helps the Yellow Jaundies, and ſtayes Vomiting, being taken in Wine, it provokes Urine, helps Ruptures, Cramps, ſhortneſs of breath, and inward pains proceeding from Choller.*

☞ See further in *Adam in Eden*: by *W. Coles.*

Cala-

Calamus Aromaticus, *or ſweet Flag.*

THis groweth not with us in any great quantity, no not in our Gardens, but in *Turky* and *Egypt*, and thoſe Countries it is very plentiful; it may be had at our Druggiſts: wherefore I ſhall name its Vertues.

The roots are hot and dry in the ſecond degree, of thin parts, they provoke Urine, helps diſeaſes of the Reins and Bladder, eaſeth pains of the Sides, Liver, Breaſt, Chollick, and Cramp, the decoction being taken in wine; the powder of the roots ſtrengthen a cold weak Stomach, and ſo they do preſerved with Sugar or Honey.

Camphire. Camphora.

THis is a tear or gum, dropping out of a tree in *India*; it is reputed to be cold and dry in the third degree, yet there are different opinions about its temperature, of a very ſtrong ſcent: it is available for the running of the Reins, and the Whites in women; it cools the heat of the Liver, reſiſteth putrefaction, and fortifies the heart in contagious Diſeaſes, taken in Electuary or otherwiſe: in all Inflammations it is good, cools the heat of Wounds and Ulcers: The doſe of it inwardly is five or ſix grains. It hath been found effectual in Agues, being ſowed in a cloth, and with a thread hung about the neck, ſo that it might lie juſt upon the pit of the Stomach.

Camock, or Reſt-harrow. Reſta bovis.

Form.] CAmock groweth up with wooddy ſtalks, and little roundiſh leaves of a dark green colour, having prickly thorns when they grow old; the flower grow at top like peaſe bloſſoms, after which come ſmall pods; the ſeed is ſmall and round, the root blackiſh and tough, growing deep in the ground.

Names.]

Names.] It is called *Reſta bovis*, and *Remora arutri*.

Place and Time.] It groweth in many fields and good grounds, and is not eaſily weeded out; it flowers in *July*, and the ſeed is ripe in *Auguſt*.

Quality and Vertues.] *The root according to* Gallen *is hot in the third degree, and though it be unprofitable to the Husbandman, the decoction in Vinegar helps the Tooth-ache of Rheume; the powder taken many dayes together in Wine conſumes the fleſhy Rupture: the decoction opens the Liver and Spleen, helps the Jaundies, Hemorrhoides, and Piles, expells Gravel and the Stone: the decoction in Oximel is good for the falling Sickneſs. The fixed ſalt of the whole plant is excellent good for the Stone.*

Cammomile. Cammomilla.

THis grows ſo common upon every green and watry place it needs no deſcription; it is called in Latine *Camomilla*, and *Cotula*; it is alſo nouriſhed in Gardens, both to make pleaſant banks, and alſo for its Phyſical uſes.

Quality and Vertues.] *Camomile is hot and dry in the firſt degree, as* Gallen *ſaith, moderately healing and drying. a Solar herb. Camomile is profitable for Agues, proceeding of Phlegm or Melancholy: the decoction thereof helps the Chollick, pains in the Sides, drives down womens Courſes, provokes Urine and Sweat, and expells cold humours; it comforts the Sinews, and mollifies Swellings, helps the Jaundies and Dropſie: the oyl made of the Flowers is good againſt cold Aches and outward Pains.*

Capers. Caparis.

THeſe grow upon a prickly ſhrub in *Arabia*, *Italy*, and *Spain*, they are called in Latine *Caparis*; the bark of the roots is extream bitter: it cleanſeth and purgeth,

cut-

cutteth and digeſteth, the Capers are hot. The Capers we have here pickled, cauſe appetite, open the Liver and Spleen, conſume cold Phlegm in the Stomach: the oyl of Capers is good againſt the Rickets, Hypocondryack melancholly, and pains in the Sides and Spleen.

Cardamomes. Cardamomum.

THey grow in the Eaſt Indies upon a ſmall tree which beareth them in husks, and are brought hither for their uſe in Phyſick.

They are hot and dry in the third degree, aſtringent; they are called *Grana Paradiſi*, and *Cardamomum*: In Engliſh grains of Paradiſe, and Cardamomes: they are good againſt the Cardiack paſſion, and diſtempers of the Stomach, it draweth forth watery humours from the head and ſtomach, being chewed in the mouth; it comforts the ſtomach, and expells the ſhaking fits of Agues, it provokes Urine, reſiſteth poiſon, and expells winde, it is profitable againſt the falling Sickneſs and pains in the belly, a dram thereof in powder drunk at a time in wine.

Of Carrots.

OF theſe there is the Garden manured Carrot, fit for food, and the wilde Carrot for Phyſick; the garden kinde needs no deſcription, the wilde groweth much like the Garden kinde, but the leaves are whiter and rougher, ſo are the ſtalks, which bear tufts of white flowers, with a deep purple ſpot in the middle; when the flowers begin to grow ripe, the whole umbel looks like a Birds neſt: the root is ſmall, long, and hard, ſharp and ſtrong: it groweth plentifully by hedge ſides, and untilled places, flower and ſeed about the beginning of *Auguſt*.

Temperature and Vertues.] *The roots are hot and moiſt temperately, the ſeeds hot and dry.*

The

The ſeed of Carrots expels Winde, helps gripings of the belly and the Chollick, provokes Urine, and womens Courſes. The ſeeds or powder of the root of the wilde Carrot drunk in wine, helps hurts by venomous beaſts, reſiſts poiſon, and the Peſtilence, it provokes venery, and helpeth Conception.

Caſſia Fiſtula.

THis is the fruit of an Indian Tree, and is to be had at our Druggiſts; it is hot and moiſt in the firſt degree. Caſſia purgeth the Reins and Kidneys, and cooleth and cleanſeth them; it likewiſe brings forth the Gravel and Stone, it's effectual againſt all chollerick and melancholly diſeaſes, being taken with Rubarb, Anniſeeds, and Liquoriſh; it cleanſeth the Stomach, Liver, and miſentery Veins from choller and phlegm, clearing the Blood and cooling it, and is profitable in all hot Agues and Fevers.

Celandine. Chelidonia.

Deſcription. THis herb ſpringeth up with divers round whitiſh green ſtalks, with great joynts, very brittle, whence grow branches with tender long leaves gaſhed on the edges of a blueiſh green colour, the ſtalks are full of a yellow ſap, at the tops of the branches grow the flowers of a yellow colour, after which come ſmall long pods with blackiſh ſeeds; the root is thick and knobby, yielding a gold coloured juyce.

Names.] It is called in Latine *Chelidonia.*

Place and Time.] It groweth under old walls by hedges ſides, and untilled places: it flowers all Summer, the ſeed ripening in the mean time.

Nature and Vertues.] *It is hot and dry, an herb of the Sun, and excellent for the Eyes: the herb gathered* Sol *in* Leo, *and in trine to the Moon, and made into an oyntment with*

with Hogs ſuet, is an excellent medicine for ſore Eyes, or any Filme or cloudineſs thereof: the yellow juyce or ſap rubbed upon warts ſoon takes them away. It likewiſe heals Tetters or Ringworms. The decoction of the herb or roots in wine, opens the Liver and Gall, and helps the yellow Jaundies. The juyce or diſtilled water with a little Sugar taken faſting, is good againſt the Peſtilence, it eaſeth pains of the Teeth, the mouth being gargled with the juyce or decoction thereof. The juyce mixed with Brimſtone, cures the Itch, Morphew, and diſcolourings of the skin and Sun-burnings. It is likewiſe good for the Tooth-ache.

Centory. Centaurium.

THis plant is divided into two kindes, the greater and leſſer; the laſt is moſt uſed in Phyſick, whoſe deſcription take as followeth.

The Form.] The leſſer Centory groweth up with a round creſted ſtalk about half a foot high, at the top branching into many ſprigs, whence comes an umbel of pale red flowers, which open in the day time, and ſhut at night; the ſeed grows in little husks, the leaves are ſmall and roundiſh, the root ſmall and hard.

Names.] There is *Centaurium magnum*, and *Centaurium minus*, which are the Latine Names of both.

Places and Time.] The leſſer groweth almoſt every where in Fields, Paſtures, and Woods, in the high way going from *Putney* to *Kingſton*. They flower in *July*, and ſeed in *Auguſt*.

Nature and Vertues.] *The greater is hot and dry in the third degree, the leſſer in the ſecond degree, both bitter herbs of* Mars. *The decoction of the leſſer Centory in Wine or Ale, helps gripings in the Belly, the Chollick, Coſtiveneſs, and Worms; it purges Phlegm and Choller, and provokes Sweat, helps Agues, the Jaundies, opens the Liver, Gall, and Spleen;*

it

it helps the Dropſie, green Sickneſs, and provokes the Terms, it is effectual in pains of the Joynts, Cramps, and Convulſions. The decoction in water provokes appetite, cleanſeth the Stomach and Breaſt, and purgeth the Back and Reins. It is a good ingredient in wound drinks, it helps the Strangury, and is good againſt the bitings of venomous creatures, a dram of the root taken in powder, and the Wound waſhed with the decoction thereof.

Ceterach, Vide *Spleenwort.*

Of the Cherry Tree. Ceraſus.

THough there be many ſorts of Cherries, as black, red, white, and red hart-Cherries; yet I think they are all ſo well known, I ſhall not need make any deſcription thereof.

Names.] The Latine name is *Ceraſus.*

Place, and Time.] Some of them grow wilde in hedges, as I have ſeen them in *Hampſhire* and *Kent*, which Countrey is the moſt plentiful place for Cherry Gardens. They are ripe in *May*, *June*, and *July*.

Nature and Vertues.] *They are cold and moiſt in the firſt degree, plants of* Venus, *they cool and looſen the belly, and ſtack thirſt: the black ſtrengthen the Stomach, and being dryed ſtop Lasks. The diſtilled water of them with the ſtones bruiſed, is good to be given to them that have the falling Sickneſs, provokes Urine, and breaks Winde. The Gum diſſolved in wine and drunk, helps the Gravel and Stone, is good for the Cough and Hoarſeneſs, and excoriations of the Throat, Lungs, and Breaſt: the preſerved Cherries are good in feveriſh, hot, and thirſty diſeaſes.*

Chervil. Cerefolium.

Deſcription. CHervil groweth up at firſt like Parſley, the leaves jagged like Hemlock, of a whitiſh

whitiſh green colour, the ſtalk riſeth half a yard high, and beareth white flowers; the ſeeds are ſharp pointed and blackiſh, the root is ſmall and long, and periſheth every year after it hath born ſeed.

Names.] Its common name in Latine is *Cerefolium*, or *Cherifolium*, in Engliſh Chervil.

Place and Time.] It is planted in Gardens, and is a good ſallet herb at firſt while it is young and tender, and groweth alſo wilde in many places, the ſeed will be ripe about *June*; and being ſown again preſently, will ſpring again and be a good ſallet in Autumne.

Nature and Vertues.] *Chervil is moderately hot and dry, it provokes Urine, and eaſeth the pricking pains of the Stone, and openeth inward obſtructions, it warms the Stomach, and the decoction thereof provokes ſleep, it provokes the Terms, is effectual againſt the Pluriſie, and pricking pains in the ſides; and according to* Pliny, *the root beaten with Mallows draweth forth ſplinters out of the fleſh: it is an herb of* Mars.

The Cheſnut Tree. Caſtanea.

Deſcription. THis groweth to be a tall Tree, bearing great rough dented leaves, and bloometh forth long Catkins in the Spring, of a greeniſh yellow colour, the fruit is incloſed in a prickly huſk, which openeth when they grow ripe, and the Nut appeareth covered with a brown huſk.

Names.] *Caſtanea*, and *Caſtaneum*, are the uſual Latine names thereof, in Engliſh Cheſnuts.

Place and Time.] They grow wilde in the Woods in *Kent*, and in the hedges in the Road to *Canterbury*; yet in other Counties of this Land are planted in Orchards and Gardens: the fruit is ripe about *Michaelmas* time.

Nature and Vertues.] *Cheſnuts are dry and aſtringent,*

in

in a mean between hot and cold, a plant of Jupiter, *they are very windy, yet nouriſh much, and are ſaid to ſtir up Venery: the Nuts being powdered and made into an Electuary with honey, is effectual for the Cough, bloody Flux, ſpitting of Blood, or any Lask or looſeneſs; they are hard of digeſtion, and immoderately eaten, cauſe the Head-ache: the ſame powder mixed with Barley Meal and Vinegar, helps ſwellings of the Breaſts, and unnatural Blaſtings. The beſt way to correct their windineſs is to prick them with a needle and roaſt them.*

Chickweed. Alſine.

Deſcription. THis herb runneth along upon the ground with many tender branches full of joynts, and at every joynt cometh forth two ſmooth green leaves, from which ſprout out other branches like the former, the flowers are ſmall and white, after which comes the ſeed in little knops; the root is all ſtrings like hairs: and if you break the ſtalks gently, you ſhall perceive a little ſinew in the middle thereof.

Names.] The Greeks call it ἀλσίνη, and the Latines the ſame, namely *Alſine*, anciently it hath been called *Hippia.*

Place and Time.] It delights to grow in ſhadowy and moiſt places, it flowers in the Spring, and the ſeed is ripe ſoon after.

Nature and Vertues. *Chickweed is cold, moiſt, and watry, of the Moons temperature; it is good to cool the heat of the Liver, being bruiſed and outwardly applyed to the Region thereof, or wet cloathes dipt in the juyce thereof, and renewed as they dry: the decoction cooleth the Blood in Agues, Hectick Fevers, Stomach and Liver, and cools the heat of the Back and Urine. The juyce taken in white Wine or Ale five dayes together, firſt and laſt is effectual for the Jaundies; it is effectual*

to ripen Impoſthumes and ſwellings, being applyed pultiſwiſe, with mallow roots, and the powder of Fenugreek and Linſeed, with Hogs Lard, and aſſwages generally all pains in the body, proceding of heat: the juyce or diſtilled water is good for Puſhes, inflamed Eyes, and the heat and ſharpneſs of the Piles.

Sweet Cicely. Myrrhis.

Deſcription. THe ordinary garden ſweet Cicely hath leaves ſomewhat like Fern, but not ſo high, but they taſte as ſweet as Anniſeeds; the flowers grow in white umbels on the top of the ſtalks, after which come ſmall black ſeed, which taſte like the leaf of Anniſeed; the root taſtes ſtronger then either herb or ſeed, and is long, growing deep, and laſting many years.

Names.] The Greeks call it *Myrrhis*, and *Myrrha*, ſo do the Latines; the Engliſh Sweet Cicely, Sweet Chervil, and Sweet Fern.

Place and Time.] It is planted with us in Gardens, flowers in *May*, and the ſeed is ripe in *July*.

Nature and Vertues.] *It is hot in the ſecond degree, having thinneſs of parts: This plant of* Sol *is excellent good for the Ptiſick and Conſumptions, and diſeaſes of the Lungs, being boiled in broth, and eaten, it expectorates Phlegm from the Breaſt, warms a cold Stomach, is a good ſallet herb; and the root boiled and eaten with oyl and vinegar, produceth the like effects: The candid root is excellent againſt the Plague, and infections. This herb procures appetite, expells Winde, provokes the Terms, and expells a dead Childe, and the After-birth, provokes Urine; and the root ſliced and ſteeped in white Wine all night, gently purges, being drunk in the morning with a little Sugar.*

☞ See more of this in *Adam in Eden*, by *Will. Coles*,

Cinque-

Cinquefoil. Pentaphyllum.

Deſcription. I Suppoſe this herb needs little deſcription, being well known, it runs along upon the ground with ſmall ſtrings, which ſhoot out ſmall leaves, growing five together, ſometimes ſeven. The flowers are yellow, the ſeeds ſmall and browniſh, and the root little and fibrous.

Names.] The Latines call it *Pentaphyllum*, and *Quinque-folium*, in Engliſh, five leaved graſs, and five fingred graſs.

Place and Time.] It grows by Ditches and High-way ſides, and in low grounds, and flowers from the beginning of *May* till the end of *June*, and may be found green all Winter.

Nature and Vertues.] *The herb and root is hot and dry, but the root more then the herb, a plant of* Mars. Culpepper *affirms a ſcruple hereof given in white Wine or vinegar, never miſſes cure of an Ague of what kinde ſoever in three fits: but my experience proves the contrary. It reſtrains Fluxes and bleeding at Noſe, the juyce drunk in Ale or red Wine, and the root or herb applyed to the noſe; it is good againſt venoms and infections, reſiſting putrefaction. The roots boyled in milk ſtayes the whites, reds, and bloody Flux, but you muſt drink the milk then: the juyce with honey helps hoarſeneſs, is good againſt the Cough of the Lungs, the Quinzy, yellow Jaundies, and Falling Sickneſs, and the decoction of the root is good againſt the Tooth-ache, being held in the mouth.*

Cynamòn. Cynamomum.

THis outlandiſh Bark needs no deſcription here; the Latine name is *Cynamomum*, it is hot and dry in the third degree, and is aromatical. *The Chymical water hereof comforts all the vital parts, helps paſſions of the heart,*

eaſeth the winde Chollick, provokes the Terms, ſtrengthens the Retentive faculty, is good againſt a Loſeneſs, Dropſies, and cold and moiſt Diſeaſes; it cauſes a good colour in the Face, (let old and cold folks uſe it though.) *Cynamon is an excellent ſpice, and the chymical oyl thereof comforts the Stomach, helps pains of the Breaſt, and cauſes good digeſtion, but it muſt be carefully uſed; if it be mixed with honey it takes away ſpots in the face.*

Cives, Vide *Leeks.*

Clarey. Horminum.

I Need not deſcribe it, my Countreywomen ſo frequently planting it in their Gardens for theirs and their Husbands backs.

Names.] The Latines call it *Horminum,* and *Geminalis* of ſome.

Place and Time.] Gardens is the place, it flowers and ſeeds about the latter end of Summer.

Nature and Vertues.] *Clary is hot and dry in the third degree, a plant of* Sol, *and is good for diſeaſes of the Eyes, the ſeed powdered and applyed, being mixed with honey, its a great ſtrengthner of the back and reins, it brings down the Terms and Secondine; the muſcilage of the ſeed takes away Tumors and Swellings, and draweth forth Splinters and Thorns, it provokes venery; but the overmuch eating of it hurts the head and brain: the powder of the leaves ſnuffed into the noſtrils, purges the head and brain by ſneezing: the herb is good for cold and moiſt Stomachs, and the purpoſes aforeſaid being fryed in Tanſies.*

Cleavers, or Gooſegraſs. Aparine.

CLeavers is well known.

The Names,] It is called in Greek and Latine *Aparine,* and by *Pliny Lappa minor,* and *Aſperugo*; in Engliſh Clea-

Cleavers, Clivers, and Gooſegraſs, becauſe young Goſlings feed on it.

Place and Time.] It runs up by hedge ſides, and hangs to what grows next it; it flowers in *June* and *July*, and the ſeed is ripe in *Auguſt*, which ſoweth it ſelf.

Nature and Vertues.] *Cleavers are of thin parts, indifferently hot and dry, an herb of* Mars; *the young herb boiled in Water-Gruel in the Spring, cleanſes the Blood, and ſtrengthens the Liver. An unguent made of the herb with Hogs Suet, helps Wens, the Kings Evil, and Paps ſwollen with curdled milk. The diſtilled water, and the decoction helps the yellow Jaundies, drunk twice a day, and ſtops Fluxes. The juyce dropped into the Ears takes away the pains of them; the juyce or bruiſed leaves applyed to a green Wound ſtops the Bleeding, and cloſes it up; ſo doth the powder thereof, and helpeth old Ulcers.*

Cloves. Caryophillus.

THis Aromatical Indian Fruit doth much comfort the *Head, Heart, and vital parts, they ſtrengthen Nature, break Winde, and ſtir up Venery, helps Fluxes of the Belly, is good againſt Infection, and ſtayes Vomiting: the chymical oyl is good in a Quartain Ague, and weakneſs of the Stomach, and for the Head-ache, two or three drops given in Beer or Wine, or other drink, it eaſeth the Tooth-ache: let old and phlegmatick perſons uſe it; young people and cholerick are to refrain it.*

Clove Gilly-flowers. Caryophylleus flos.

THis cordial flower is well known.

Nature and Vertues.] *It is a temperate flower, no way exceeding in heat or dryneſs, cold, or moiſture, a plant of* Sol; *the Conſerve and Syrrup of the flowers are gallant cordials, comforting the Heart, it reſiſteth the Plague, or any Ve-*

nome, it ſtrengthens Nature, and is good againſt Conſumptions: the flowers pickled are an excellent ſauce, and ſtir up appetite, being ſet in a glaſs in the Sun in vinegar, they make a good vinegar to preſerve from the Peſtilence, and revive one in a Swoon, the Temples and Noſtrils being waſhed therewith.

☞ See further in *Adam in Eden:* by *W. Coles,*

Clownus Woundwort. Sideritis.

Deſcription. IT ſprings up with ſquare rough green ſtalks near two foot high, at every joynt grow two long narrow dark green leaves, ſharp at the point, and bluntly dented about the edges; the flowers compaſs the ſtalks towards the top, and grow to a ſpiky head, of a purpliſh colour, having long gaping hoods, with ſome white ſpots in them; the ſeeds are round and blackiſh, the root is fibrous, with ſome tuberous knobs among them, both herb and root have a ſtrong ſmell much like ſtinking horehound.

Names.] *Gerhard*, as I remember, ſaith, he gave it the name of Clowns-wort from a clowniſh anſwer he had of a man that had cut his Leg with his Sithe; and it is called *Panax Coloni* in Latine, and *Sideritis.*

Places and Time.] It grows by Ditches ſides in moſt places of this Land, flowers in *Auguſt*, and the ſeed is ripe in *September.*

Nature and Vertues.] *It is dry in the firſt degree, and reputed hot in the ſecond, of an earthy Saturnine quality, it doth cure green Wounds, and cloſes them up to admiration, being ſtamped with Hogs Lard, and applyed thereunto; it ſtanches Blood, and dryes up Fluxes of humours in old Ulcers: a ſyrrup made thereof, and taken inwardly heals inward Wounds, Veins broken, ſpitting, piſſing, or vomiting blood, and ſtayes the bloody Flux. A Plaiſter or Unguent of the Herb, and ſome Comphrey with it, helps ſwollen Veins, and conſoli-*

dates

dates a cut muſcle, and is excellent for Ruptures of the Belly, being applyed to the place.

Columbines. Aquilina.

Deſcription. THere are Columbines of ſeveral colours, as white flowers, purple, and carnation colour, with divers others; but they are ſo generally known I ſhall deſcribe it no further.

Names.] No good Latine name can I finde for it, yet it is termed *Aquileia*, *Aquilina*, and *Aquilegia*; the onely Engliſh name Columbines.

Place and Time.] I have ſeen both the white and purple coloured grow wilde in our Meadows in *Hampſhire*, where the ground is ſomewhat dry: as in a place called *Gaſſen* Mead in *Holſkot*; but they frequently grow in Gardens: they flower about the beginning of *May*, and are gone by the end of *June*.

Nature and Vertues.] *They are temperately cold and dry, moderately digeſtive, a plant of* Venus, *and ſympathizingly cures ſore Throats, Canker, and the Kings Evil, the leaves boiled in milk, and given to the party affected: the ſeeds drunk in Ale is good for the Quinzy, it alſo heals inflammations of the Mouth and Jaws: a dram of the ſeed and half a penny weight of Saffron drunk in wine, and the party covered to ſweat, opens the Liver, and is good againſt the Jaundies. The decoction of the herb and root with ſome Ambergreaſe added, helps Swoonings. The ſeed drunk in wine cauſes ſpeedy delivery, and the juyce is good in the beginning of a Phrenzy, the patient eating with it pottage of Sage, Valerian, and Rue.*

Of Coloquintida, *or the bitter Gourd.*

THis out-landiſh Indian Plant, is hot and dry in the third degree, very bitter of taſte, and ſtrongly purging,

ing; *it may be taken to purge Phlegm, by ſtrong bodies, being corrected with oyl of Roſes, Gum Tragacanth, and Ginger, which will help the griping pains, it will cauſe if taken alone; but being thus made up with Roſe-water into pills or trochis, it purges viſcous humours, tough Phlegm and Choller, and water from the Brain, Lungs, and Breaſt, and therefore is good againſt Fluxes of Rheume, Apoplexy, Falling Sickneſs, and ſwimming of the Head, the Jaundies, old Coughs, and rotten putrid Fevers, the Chollick and Dropſie: the decoction thereof in Vinegar eaſeth pains of the Teeth, they being waſhed therewith, being ſteeped in vinegar, it helps the Morphew, Scurf, and Scabs: in Gliſters which is the ſafeſt way, it may be given thus; take the pulp hereof two drams, Camomile flowers, M. 1. Anniſeed, Comminſeed, of each ℥.ß. make hereof a decoction in fair water, and in a pint thereof diſſolve honey of Roſes, and oyl of Cammomile, each ℥iii. The doſe otherwiſe is from five grains to ten.*

Colts-foot. Tuſſilago.

THis pectoral plant is well known, onely hardly obſerved in this, that it ſendeth forth its flowers before the leaves.

Names.] *Tuſſilago* is the common Latine name, Foals-foot, and Colts-foot, the Engliſh, becauſe the leaves reſemble a Horſes foot.

Place, and Time.] It loves to grow in moiſt and low Grounds, in good Ground: it flowers in the end of *March*, and beginning of *April*, the flowers and ſtalks quickly fade away, afterwards come the leaves which abide green all Summer.

Nature and Vertues.] *It is cooling and drying being freſh, but when the moiſture is evaporated, it inclines to heat, and drineſs; it is an herb of* Venus, *very effectual for infirmities of the Lungs, wheeſing, and ſhortneſs of Breath: the*

leaves

leaves taken like Tobacco, draws away thin Rheumes, diſtilling upon the Lungs, and helps the Cough: the diſtilled water with Elder Flowers is good againſt hot Agues, to drink about two ounces at a time; it likewiſe helps hot Swellings, inflammations, as St. Anthonies *fire, and cools the heat of the Piles, clothes being wet therein and applyed; it likewiſe takes away hot Puſhes and Wheals.*

☞ See further in *Adam in Eden*: by *W. Coles.*

Comfrey. Conſolida.

THis herb I ſuppoſe needs no deſcription, being generally known.

Names.] It is called *Conſolida*, of which there is *major* and *minor*, the greater and leſſer Conſound. Comfrey is the greater, and is ſo called from conſolidating or knitting together, which faculty it hath, and is therefore called alſo Knit-back, or Backwort, becauſe it bindes and ſtrengthens the Back.

Place and Time.] It grows in Meadows by rivers ſides, and ditches in fruitful grounds, as near *Debtford* in *Kent* it grows in abundance; it is alſo planted in Gardens, they flower in *May* and *June*, and ſeed in *Auguſt*.

Nature and Vertues.] *It is of a cold drying binding Saturning quality, it is very good for the Back, and the running of the Reins, being boiled and eaten with Butter and Vinegar, it is a very good Sallet; ſome boil it and eat it with Bacon, which way it is alſo effectual for the aforeſaid purpoſe; it ſtops Fluxes, inward or outward Bleeding, and the Terms: the decoction of the roots being drunk, it heals inward Wounds and Ulcers of the Lungs, it ſtops the Reds, and Whites; the ſyrrup is effectual for all the ſaid purpoſes, and the diſtilled water is good to waſh Wounds and Sores. The Roots bruiſed, and applyed, is good to cloſe together the lips of green Wounds, and ſtayeth the bleeding of the Piles and Hemorrhoides,*

merrhoides, and cools the Inflammations thereof; it likewiſe eaſes the pains of the Gout, being ſo applyed.

Walter Caltrops. Tribulus Aquaticus.

Deſcription. THey riſe with long ſlender ſtalks from the bottom of the water, and float above the water; the root is long and greater towards the top of the water then the bottom, having taſſels full of ſmall ſtrings on the ſtem: the leaves are large and round, notched a little about the edges, ſomewhat reſembling Poplar or Elme leaves: the fruit groweth in prickley heads which are hard, ſharp, and trianguler, wherein is contained a white kernel, in taſte like Cheſtnuts.

Names.] The Greeks call it τριβολος ὑδατος, the Latines, *Tribulus Aquaticus, Tribulus Lacuſtris,* and the Apothecaries, *Tribulus Marinus,* in Engliſh Caltrops Saligot, and Water Nuts, and the fruit is called *Caſtania Aquatiles,* or Water Cheſnuts.

Place and Time,] It groweth in lakes, ſtanding waters, and Springs, in *Germany, Brabant,* and the Low Countreys; *ſo that being an outlandiſh Plant, I would not have troubled the Reader with a deſcription, but to acquaint him that it is thruſt in by the writer of that Book, called* Culpeppers Engliſh Phyſician enlarged, *amongſt the Engliſh Plants, as a great many more are, both Outlandiſh and uſeleſs:* yet there is a ſmall kinde hereof called ſmall Frogs Lettice, which bears ſmall whitiſh flowers, conſiſting of four leaves apiece, which groweth in the River by *Droxford* in *Hampſhire,* alwayes continuing under the water, and is green both Winter and Summer, they all flower in *June* and *July.*

Nature and Vertues.] *Caltrops are of a cold and moiſt nature, ſo that a pultis made thereof is good againſt inflammations and hot ſwellings, and being boiled with honey and water, it cures Cankers of the Mouth, ſore Gums, and the al-*

almonds of the Throat, knobs, and ſwellings, and the Kings Evil: The green Nuts drunk with wine is good for the Stone and Gravel, and a powder thereof bindes the Belly, and is good for them that piſs Blood. The ſame drunk with wine reſiſts poiſon, venome, and bitings of venomous creatures, and the herb applyed outwardly helps venomous bitings.

Campions, Wilde Lychnis.

THere are divers kindes hereof, both wilde and in Gardens; *Lychnis ſylveſtris purpurea*, called red Batchelors Buttons, and *Lychnis alba*, white Batchelors Buttons: they are uſeleſs in Phyſick, yet *Culpeppers* writer will aſcribe them to Saturn, and ſaith, *The decoction ſtayes inward bleedings, and the herb outwardly applyed doth the like, and that being drunk, it provokes Urine, expells the Gravel and Stone in the Reins and Kidneys, and two drams of the ſeed drunk in wine, purgeth cholerick humours, helps venomous bitings, and may be effectual for the Plague, and that the herb is uſeful in old ſores, Ulcers, and the like to cleanſe and heal them:* All this may be true for any thing either he or I know to the contrary. Indeed moſt of the kindes hereof, except the two firſt named, are ſtrangers in *England*, and are onely planted in Gardens for the beauty of the flowers.

Cardus Benedictus, Vide *Holy Thiſtle.*

Carawayes. Carui.

Deſcription. CAraway hath fine cut leaves much like Carrot leaves, but not ſo buſhing, lying on the ground in divers ſtalks, of a quick taſte, among which riſeth up a ſquare ſtalk, not ſo high as the Carrot, having the like leaves at the joynts, but ſmaller and finer, having at the top ſmall open umbels of white flowers, which produce a ſmall blackiſh ſeed leſs then Anniſeed,

and

and hotter in taſte: the root is ſomewhat like a Parſnip, but is much leſs, and hath a more wrinckled bark, and a little hottiſh taſte.

Names.] The Greeks call it Καρον, in Latine *Carot*, *Carum*, and *Caruum*, and in the Shops *Carui*, in Engliſh Caraway and Carawayes.

Place and time.] It is ſown in our Engliſh Gardens, flowers in *June* and *July*, and the ſeed is ripe ſoon after.

Nature and Vertues.] *The ſeeds are moſt uſed in Phyſick, and according to* Gallen *are hot and dry almoſt in the third degree, of a moderate ſharp quality: the herb may be eaten raw with other herbs in Sallets, or boiled, and the roots may be boiled and eaten as Parſnips; they break winde, comfort the Stomach, and help Digeſtion. The herb, or ſeed and herb bruiſed and applyed hot in a cloth or bag to the bottom of the Belly, eaſes the winde Chollick, and is good againſt hot ſwellings. The ſeeds eaten alone, or mixed with meat or medicine comfort the Stomach, break Winde, and help digeſtion, for which purpoſe alſo they are uſed to be put into bread: they alſo help cold griefs in the head, windineſs in the Bowels and Mother, and uſed to be mixed with purgative medicines to correct their windineſs; it alſo provokes Urine, helps the Cough, and is good againſt the Phrenſey and venomous bitings, being put into a poultis it takes away black and blue ſpots which come by blows or bruiſes: and uſed with allom, it helps Scabs, Tetters, and falling off the hair.*

Earth Cheſt-nuts. Nucula terreſtris.

Deſcription. THis root is round and knobbed, with ſome bunchings out, brown without and white within, taſting much like a Cheſnut, but ſweeter, from whence ſpringeth up ſmall creſſed ſtalks about a foot high, whereon grow leaves next the ground like Parſley

leaves,

leaves, but finer, and towards the top like dill: The flowers are white, and ſtand at the tops of the ſtalks in ſpoky rundels like the tops of dill. The ſeeds not much unlike Fennel ſeed, but much ſmaller, growing together by couples, having a good ſmell.

Names.] It is called *Nucula terreſtris*, and *Bolbocaſtanon*, which is alſo the Greek name; in Engliſh Earth Nuts, Kipper Nuts, and Pig Nuts: I ſuppoſe becauſe Hogs will greedily dig after them.

Place and Time.] They grow in dry Paſtures and Corn Fields by the hedge rowes, as at *Holſhot* in *Hampſhire*, at *Kenſington*, *Paddington*, and divers other places about *London*: they flower in *June* and *July*, perfecting their ſeed ſoon after, the ſtalk dyes at Winter. The roots are beſt in ſeaſon about *February* and *March*, before they begin to ſpring forth the Branches.

Nature and Vertues.] *The roots are moderately hot and dry, the ſeeds hotter and dryer, both ſeed and root provoke Urine, the root is good for them that ſpit or piſs Blood, eaten either raw or roaſted: The Dutch eat them boiled and buttered as we do Turnips, and being ſo dreſſed and eaten, they comfort the Stomach, nouriſh the Kidneys and Bladder and increaſe ſeed.*

☞ See further in *The Expert Doctors Diſpenſatory*: by *P. Morellus.*

Cich Peaſe, *or Cicers.* Cicer.

A Deſcription is needleſs of theſe outlandiſh Tares, there is a Garden kinde thereof ſown in ſome of our *London* Gardens, but not common; they are all ſown in the Fields in *Spain*, *Italy*, and *France*, to feed their Cattle in Winter, as we do Tares and Vetches.

The Garden Cich is windy, and is ſaid to provoke luſt, and ingender ſeed; the broth of them waſtes the Stone, and provokes

vokes Urine, and a decoction thereof with Roſemary is good for the Dropſie and yellow Jaundies, but it is hurtful for ſuch as have Ulcers in the Kidneys or Bladder.

Cives, Vide *Leeks.*

Cocks-Head, red Fitchling, and Medick Fitch. Onobrychis.

Deſcription. TWo kindes hereof I ſhall deſcribe. The firſt ſpringeth up with many ſmall tender branches, like the Vines growing through and about buſhes, and whatever grows near it; the leaves and the reſt of the pulſe or plant, are like the wilde Vetch: the flowers grow at the tops of the ſmall naked ſtalks, like a peaſe bloſſom, of a purple colour laid over with blue, which turn into round prickly husks which are the ſeed.

The ſecond hath many ſtalks, eſpecially when it is old, which are round, hard, and leaning to the ground like other pulſes, the leaves are like thoſe of the wilde Vetch, of a loathſome ſcent and bitter taſte, amongſt which come forth ſmall round ſtems, whereon grow the flowers which are of a ſhining purple colour, growing ſpike faſhion, three inches long, like the great Meadow Trefoil, but longer, and without ſmell, after which come ſmall Cods, containing hard black ſeed in taſte like the Vetch: The root is great and long, hard and wooddy, ſpreading abroad and growing deep under ground.

Names.] The ancient name both Greek and Latine for this kinde of pulſe is *Onobrychis*, its called alſo *Caput Gallinaceum*, and the ſecond kinde *Onobrychis flore, purpureo*, in Engliſh Cocks-head, red Fitchling, and meddick Fitch.

Place and Time.] *Gerhard* ſaith theſe two kindes grow upon *Barton* Hill, within four miles of *Lewton* in *Bedfordſhire*;

ſhire, upon the graſſy balks between the Corn, two miles from *Cambridge*, and in divers places of the way between *London* and *Cambridge*: they grow likewiſe in divers places of this Land, in Fields, and under Hedges. There are three other kindes hereof, which are ſtrangers in *England*, they flower in *July* and *Auguſt*, and the ſeed is ripe ſoon after.

Nature and Vertues.] Gallen *ſaith theſe herbs do rarifie, make thin, and waſte away, and therefore a Salve made of the green leaves and applyed to hard Kernels and Swellings, Knobs, and Nodes in the fleſh, doth waſte and conſume them away, and may be effectually uſed in that ſwelling called Struma, or the Kings Evil, and being rubbed on with oyl, it cauſeth Sweating; being dryed and drunk with wine, it cures the Strangury, ſaith* Dioſcorides. *It cauſeth Cattle to give good ſtore of milk; and from thence* Culpepper *argues it is as good for Nurſes, he making no diſtinction between man and beaſt.*

Corral. Corallium.

Deſcription. ALthough the Corral ſeems rather to be a ſtone, yet it is a vegetable Plant; there are ſeveral kindes thereof, the red, and the white; moſt in uſe with us; but the greater red Coral is the beſt, which groweth upon Rocks in the Sea, like unto a ſhrub with arme and branches breaking forth into ſprigs, ſome greater and ſome leſſer, with craggy eminencies, of a whitiſh or pale red colour, for the moſt part when it is taken out of the water, but when it is ſcraped and poliſhed, it is very fair, it is very pliable whilſt it is in the water, but when it is kept a while out of the water, it becomes of a firm or hard ſtony ſubſtance.

Names.] The Greeks call it Κοράλλιον, and the Latines *Corallium*, adding *rubrum* or *album* for diſtinctions ſake;

the black ſorts are called Antipathes, and there is a ſort of rough briſtly black Corral called Sambeggia.

Place and Time.] They are found in the Iſle of *Sardinia*, and other places of the Mediterranean Sea. *Gerhard* ſaith, the white and yellow Corral do grow upon the Rocks in the Weſt of *England*, about Saint *Michaels* Mount; they are all times of the year found growing, and at all times to be had at our Druggiſts Shops.

Nature and Vertues.] *All the ſorts of Corral do cool, and binde, yet the white is thought to be colder then the red or black, it is an excellent aſtringent for the Gonorrhea in men, and the whites in women; the red Corral ſtops bleeding, being but held in the hands of thoſe that bleed either at noſe or mouth, and is effectual for thoſe that ſpit Blood, or for any Flux of Blood, and being often taken in Wine or other drink, it doth diminiſh the Spleen, it helps the ſtoppage of Urine, and ſuch as piſs by drops: the powder of it being burnt and taken in drink, helps the tormenting pains of the Stone in the Bladder, it ſtrengthens the Heart, Stomach, and Liver, and is uſeful in all peſtilent Fevers and malignant diſeaſes, againſt venome, chears the Heart, and reſiſts Melancholly, eſpecially the tincture of it, called* Tinctura Coralii: *The powder taken in Wine, or diſtilled water brings reſt to ſuch as have Agues, helps ſuch as are troubled with the Cramp, and is commended againſt the Falling Sickneſs, for which purpoſe ſome hang it about the necks of ſuch as have that Diſeaſe. It is ſaid, if ten Grains of the powder be given to a Childe as ſoon as it is born in ſome black Cherry water, or the Mothers milk, that Childe ſhall never have the Falling Sickneſs: it is alſo affirmed to procure eaſie Delivery in Childe-birth by a ſpecifick property, it is uſed to rub Childrens Gums, to help them to breed Teeth, and is uſeful for all accidents that belong unto the Teeth; it helps ſore Gums and Ulcers in the Mouth, and healeth up foul hollow Ulcers in other parts, and is uſed in Medi-*

cines

cines for the Eyes, to ſtay the Flux of Rheume, cools and dryes up the moiſture, and takes away the heat and redneſs of the Eyes. The Chymical gyl and tincture may be uſed for any of the aforeſaid purpoſes.

Corral-wort, Vide *Dog-toothed Violet.*

Crabs Claws, or freſh Water Souldier.
Sedum Aquatile.

Deſcription. THis hath leaves much like *Sempervivum*, or herb Aloe, but ſhorter, and leſſer, having ſtiff prickles about the edges; amongſt the leaves come forth divers husks like Crabs Claws, which open into white flowers of three leaves apiece, having in the middle divers hairy yellowiſh threds; it hath no roots but long ſtrings like worms which fall down (from a ſhort head whereout the leaves ſpring) to the bottom of the water, where they be ſeldom faſtned; but at the bottom there grows many other ſtrings aſlope from the ſame ſtrings, being ſmaller.

Names.] Its called *Sedum Aquatile*, water Singreen, wading pondweed, freſh water Souldier, Knights Pondwort, water Houſleek, and the like.

Place and Time.] It grows in the Fenns in *Lincolnſhire*, and other muddy waters, and flowers to *Auguſt*.

Nature and Vertues.] *This plant is of a cooling nature, and good to keep green Wounds from Inflammations; an oyntment thereof is good againſt hot Swellings, St.* Anthonies *fire, and other Inflammations. This herb is good for bruiſes in the Reins and Kidneys, ſtops any flux of blood iſſuing thence, and likewiſe to ſtop the terms; for which purpoſes a decoction of the herb, or a dram of the dryed herb in powder may be taken every morning in any convenient Liquor, or other vehicle.*

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Place and Time.] They are found in the Iſle of *Sardinia*, and other places of the Mediterranean Sea. *Gerhard* ſaith, the white and yellow Corral do grow upon the Rocks in the Weſt of *England*, about Saint *Michaels* Mount; they are all times of the year found growing, and at all times to be had at our Druggiſts Shops.

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cines

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Place and Time.] It grows in the Fenns in *Lincolnſhire*, and other muddy waters, and flowers to *Auguſt*.

Nature and Vertues.] *This plant is of a cooling nature, and good to keep green Wounds from Inflammations; an oyntment thereof is good againſt hot Swellings, St.* Anthonies *fire, and other Inflammations. This herb is good for bruiſes in the Reins and Kidneys, ſtops any flux of blood iſſuing thence, and likewiſe to ſtop the terms; for which purpoſes a decoction of the herb, or a dram of the dryed herb in powder may be taken every morning in any convenient Liquor, or other vehicle.*

Cucumbers. Cucumer, Cucumis.

THis Garden Plant needs no Deſcription, the names are above, the place is well dunged Gardens, and the time when the fruit is ripe, the Journeymen Tailors in *London* are very ſenſible of.

Nature and Vertues.] *They are cold and moiſt in the third degree, ſome hold but in the ſecond, it muſt be the latter end of it then; the fruit is good ſauce for hot Stomachs and Livers, but being much eaten ingender raw Humours; the juyce of them is good to cleanſe the skin, and helps hot rheumes in the Eyes, the ſeeds provoke Urine, cleanſes the paſſages thereof, and is good for ſuch as have Ulcers in the bladder, for which purpoſe they are uſed in Emulſions; as alſo to cool the heat of the Urine in virulent Gonorrhea's: the diſtilled water of the whole fruit taketh away Sunburning, Freckles, and Morphew, the face being waſhed therewith.*

Wilde Cucumbers. Cucumis agreſtis, Elaterium.

Deſcription. THis plant groweth not wilde in *England*, but onely in Gardens, where it is planted it groweth up with many fat hairy branches, rough and full of juyce, creeping upon the ground: the leaves are hairy and rough, of an overgrown grayiſh green colour, and three pointed; from the boſom of which come forth long tender foot ſtalks, on whoſe tops come ſmall pale yellow flowers, having five ſmall leaves apiece: the fruit is about the bigneſs of a ſmall Pullets Egge, but longer, rough, and hairy coloured, like the ſtalks, wherein is contained much water, and hard blackiſh ſeeds like Tares; when it is come to maturity, it ſquirteth forth its own water, and ſeeds either of it ſelf, or with the gentleſt touch

of

of a hand, and oftentimes flyeth on the face of them that touch it, making it ſmart a great while after, whereby it got the name of *Noli me tangere*. The root is white, thick, and long laſting, the whole plant and fruit bitter in taſte.

Names.] In Greek its called *Σικυὸς ἄγριος*, in Latine *Agreſtis*, and *Erraticus cucumis*, in Shops *Cucumer Aſininus*, and the prepared juyce is called *Elaterium*.

Place and Time.] It ſprings up in *May*, and the fruit is ripe in Autumne, it grows amongſt rubbiſh, and in untilled places in hot Countreys, and is here planted in Gardens.

Nature and Vertues.] *The bitterneſs ſpeaks them to be hot, the plant is hot and cleanſing, the juyce hot in the ſecond degree, and of thin parts; the prepared juyce called Elaterium, which is to be had at the Apothecaries, purgeth Choller, Phlegm, and watry humors, both by ſeige and Vomit, prevaileth againſt the Dropſie, and ſhortneſs of breath, and being ſnuffed up into the noſtrils with a little milk, it helps redneſs of the Eyes.*

The juyce of the root purgeth Phlegm and watry humours, and is good againſt the Dropſie, but not ſo effectual as Elaterium. The doſe of the juyce may be from half a grain to three grains, according to the ſtrength or conſtitution of the Patient: but Gerhard *preſcribes it to be given from five grains to half a ſcruple, which I ſuppoſe is too much, it being a churliſh Medicine.*

Saracens Conſound. Solidago.

Deſcription. THis plant groweth up with long narrow green leaves dented about, ſomewhat like peach, or willow leaves, but of a darker green; the ſtalk is hollow, browniſh, and ſometimes green, growing near a mans height, beſet with leaves to the top, where doth

ſtand many pale yellow ſtar-like flowers in green heads, after which comes a long ſmall yellowiſh brown coloured ſeed, incloſed in doun, which is afterwards carried away with the winde: the root conſiſts of a head of fibres, which laſteth all Winter. The plant hath a ſtrong unpleaſant taſte and ſmell.

Names.] It is called *Conſolida*, and *Solidago*, as Comfrey is, onely *Saracenica*, to diſtinguiſh it; ſome alſo call it *Herba fortis* becauſe of its ſtrong ſmell.

Place, and Time.] They grow in moiſt wet grounds, flower about *July*, and the ſeed is ripe in *Auguſt* or *September*.

Nature and Vertues.] *Saracens Conſound is hot and dry near the third degree, and aſtringent, an herb of* Mars, *and an excellent wound herb, ſo that* Mars *can cure as well as wound. The herb ſteeped in Wine, and then diſtilled, the water is good for Wounds and Ulcers, whether inward or outward, ſo is the juyce or decoction: it cleanſeth green Wounds, and old ſores from corruption, and heals them; it likewiſe heals the ſores of the privy parts and Ulcers of the mouth and throat, they being gargled therewith. The decoction of the herb in wine opens obſtructions of the Gall and Liver, and is good for the yellow Jaundies, and to prevent Dropſies: It alſo heals Ulcers of the Reins, and other inward wounds.*

☞ See more of this in the Art of Simpling: written by *W. Coles.*

Coryander. Coriandrum.

I Shall not take up room to deſcribe this ſtinking Saturnine Plant.

Names.] The Latines call it *Coriandrum.*

Place and Time.] It is onely ſown and kept in Gardens; flowers in *June* and *July*, and the ſeed is ripe in *Auguſt.*

Na-

Nature and Vertues.] *The leaves and ſeeds being green, are cold and dry, and hurtful to the body, if taken inwardly; but the ſeeds being ſteeped in Vinegar, and dryed, are moderately hot and dry, and then they are good for the Stomach, and helps digeſtion: the Comfits of the prepared ſeeds repreſs Vapours that aſcend to the head, help digeſtion, and ſtay vomiting. The ſeeds taken in Wine, kills Worms, and ſtops Fluxes, helps the Winde Chollick, and ſtopping of Urine. The powder of the ſeed drunk in ſweet Wine, provokes luſt, the green herb boiled with Barley meal, helps Inflammations, and the juyce incorporated with Vinegar and Oyl of Roſes, Ceruſe, and Litharge of Silver, cures all Inflammations, and* St. Anthonies fire.

Cudweed. Gnaphalium.

Deſcription. THe common Cudweed ſpringeth up ſometimes with one ſtalk, and ſometimes with two or three, ſet thick about with long ſmall narrow woolly leaves, from the middle of the ſtalk almoſt to the top; amongſt the leaves grow ſmall flowers of a dun or browniſh yellow colour, after the flowers come ſmall ſeeds wrapped up in doun, which is blown away with the winde, the root is ſmall and threddy.

Names.] Of the Greeks it is called γναφάλιον, and *Gnaphalium* in Latine; yet it hath other Latine names, as *Centunculus Cottonaria*, and *Albinum* from the whiteneſs, and *Herba impia* by *Pliny*.

Place and Time.] It grows in barren, dry, and ſandy grounds, almoſt every where in this Land, flowers in *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *Cudweed is drying and aſtringent,* Venus *rules the Herb, and it is good for the Mumps and Quinzy, the juyce taken in Wine or Milk; it ſtayes Fluxes of Blood, and defluxions of Rheumes falling from the head:*

the decoction made in red Wine, or the powder taken therein: it helps the Tenaſmus, burſtings in Children, and the Worms, and ſtayes the overflowing of the Terms; the leaves are good to heal green Wounds, and ſo doth the decoction or juyce thereof, and helps old Ulcers.

Cowſlips. Arthriticæ.

THeſe need no deſcription of form, place, or time, all being well known; they are called in Latine, *Arthriticæ*, and *Herbæ Paraliſis*, being good againſt pains of the Joynts and Sinews.

Nature and Vertues.] *Cowſlips are* Venus *flowers, of temperature dry and aſtringent, little hot; the flowers are moſt uſed in Phyſick, but an oyntment made of the leaves and Hogs Suet, is good to heal Wounds, and takes away ſpots, wrinckles, and Sun-burnings, and freckles of the face; they are profitable for pains in the head, and are good againſt Joynt Aches, Palſie, and pains of the Sinews, Convulſions, and Cramps: The decoction of the roots are good againſt the Stone in the Kidneys and Bladder, and the juyce of the leaves for inward hurts, or parts broken: The Conſerve of the flowers is good againſt Palſies, Convulſions, Cramps, and pains of the Sinews; ſo likewiſe are the flowers pickled and eaten for ſauce with meat.*

☞ See more of this in *The Art of Simpling*: written by *W. Coles.*

Cowſlips of Jeruſalem. Pulmonalis.

Deſcription. THis Herb hath broad rough leaves, of a brown green colour, ſpotted with white ſpots, the ſtalk is ſeldom a ſpan high, bearing flowers on the top like Cowſlips, but of a purple colour, and ſometimes blue and red all at once; the root is hard, black, and hath many threds at the end of it.

Names.]

Names.] In Latine it is called *Pulmonalis*, and *Pulmonaria*; in Engliſh Cowſlips of Jeruſalem, Sage of Jeruſalem, and Sage of Bethlehem.

Place and Time.] It is nouriſhed in Gardens, flowers in *April*, and the ſeed is ripe in *May*.

Nature and Vertues.] *The leaves are cold and dry in the firſt degree, the roots more dry and aſtringent, it is a good pot-herb to be uſed in broth for the Lungs, being an excellent herb for any diſtemper of the Lungs: the decoction thereof helps Coughs, ſhortneſs of Breath, exulcerations and ſtoppage of the Lungs by reaſon of any corrupt matter, and ſpitting of Blood; it helps alſo Wounds and hurts in the Entrals, and is good for Burſtings, or Ruptures: the flowers are wholeſome in Sallets in the Spring time.*

Couch-graſs, or Dogs-graſs. Gramen Caninum.

I Shall not need to deſcribe the Couch, Gardners know it well enough, and could wiſh that they were rid of it.

Names.] It is called in Latine *Gramen Caninum*, becauſe Dogs eat the Graſs when they are ſick: In Engliſh we call it Dogs Graſs, Quich Graſs, and Couch Graſs.

Places and Time.] It is too plentiful both in Gardens and ploughed Fields, for the owners ſtore; although *Culpepper* holds half an Acre of it to be worth five Acres of Carrots twice told over; yet if any of his Diſciples be of his opinion, I will undertake to help them to five Acres of it for one Acre of Carrots: It's very plentiful in my Fathers Garden at *Holſhot* in *Hampſhire*, and cannot be gotten clear out of the ground where it hath poſſeſſion; it flouriſhes moſt in Summer, but the roots endure all Winter.

Na-

Nature and Vertues.] *It is moderate in coldneſs and moiſture, the ſeed more cold and dry, harſh, and of thin parts, an herb of* Venus; *it opens the paſſages of Urine, waſtes the Stone in the Bladder, and Ulcers thereof: It is good to kill Worms, the juyce mixed with honey and powder of Southernwood; but for Children, mix the juyce with an Oxe-Gall, and dip a cloth therein, and apply it to the Navel. The decoction in white Wine provokes Urine, opens the Liver and Gall, and eaſeth pains of the Belly and Inflammations. The ſeeds do alſo expel Urine, ſtayes Vomitings and Looſeneſs.*

Water-Creſſes. Naſturtium Aquaticum.

Deſcription. WAter-creſſes hath weak fat hollow ſtalks running along upon the earth or water where it groweth, I have had my ſelf a whole Pond covered with it; the leaves are winged with many ſmall leaves growing at the Joynts, the upper part is brown, but the leaves are green underneath, the flowers are white, the root all like threds.

Names.] *Naſturtium Aquaticum* is the Latine name.

Place and Time.] They grow upon ponds and watry ditches, and flower about *June* and *July*.

Nature and Vertues.] *It is hot and dry in the ſecond degree, an Herb of* Jupiter *in my judgement.* Culpepper *aſcribes it to the Moon, it is very profitable for the Scurvy; it provokes Urine, and cleanſes the Reins and Bladder, moves the Terms, and incites to Venery, it opens obſtructions of the Liver and Spleen, it is very good to make broth to purge and cleanſe the blood in the Spring time.*

Sciatica Creſſes. Iberis.

Deſcription. THey have many ſlender branches growing on a ſtalk a foot and a half high, the leaves long and narrow, the flowers very ſmall, of colour yel-

yellow, the ſeeds come in little chaffy huſks, of a reddiſh gold-colour, ſharp and bitter in taſte; the root is white, ſmall, and tough, and of a biting taſte.

Names.] In Latine it is called *Iberis*, and *Naſturtium ſilveſtre*, and *Lepidium*, in Engliſh Sciatica Creſſes.

Place and Time.] It grows upon old walls, rough and untilled places, by high way ſides, and in Corn fields near *Graveſend*. It flowers in *June* and *July*.

Nature and Vertues.] *Sciatica Creſſes is hot in the fourth degree, according to* Gerrard; *and as ſaith* Dioſcorides, *the roots gathered in Harveſt time, and made into a Plaiſter with Swines Greaſe, and applyed to the grieved place of ſuch as are troubled with the Sciatica, is found effectual for the ſame, but it is to lye on but four hours, and then taken away, and the place bathed with warm water, and afterwards wool and oyl laid on it.*

Croſswort. Cruciata.

Deſcription. IT is a low herb of a pale green colour, having many ſquare rough joynted ſtalks, having a ſoft doun over them; the leaves are ſmall, growing four together croſswiſe, one againſt another, towards the tops of the ſtalks, amongſt the leaves come forth ſmall yellow flowers, of a reaſonable good ſavour, alſo reſembling a Croſs, the root conſiſts onely of fibres.

Names.] The Latine Names are *Cruciata*, and *Crucia-tis*, in Engliſh Croſswort, and golden Mugweet.

Place and Time.] It grows in low Meadows, and fertile Grounds, and flowers almoſt all Summer.

Nature and Vertues.] *It is dry and aſtringent, a Saturnine herb, it is excellent to heal and conſolidate wounds, and is good for inward Wounds of Bruiſes, the herb being boiled in Wine and drunk; it is alſo effectual for Ruptures or Burſtneſs, the herb being boiled tender and applyed to the place pul-*

pultis-wiſe, and the decoction thereof being drunk.

☞ See further in *The Art of Simpling:* by *W. Coles*

Crowfoot. Ranunculus.

Deſcription. THere be many kindes of theſe dangerous herbs couched under the name of Crowfoot, whereof the common I ſhall deſcribe; the leaves are of a deep green colour, cut in the edges, and divided into three, ſometimes five parts, on which ſtand divers white ſpots, the ſtalks be round, ſomewhat hairy, on the tops whereof grow the flowers, conſiſting of five leaves apiece, of a yellow glittering colour, which being gone the ſeeds follow in a rough ball, the roots are white and threddy.

Names.] *Ranunculus*, and *Batrachion*, Latine Authours call it; in Engliſh Gold cups, Crowfoot, and Butter-flowers.

Place and Time.] They grow almoſt every where in Meadows and Paſtures, flower in the beginning of *May*, and continue many moneths after.

Nature and Vertues.] *It is a fiery hot herb, and Martial, it will bliſter the tongue, if it be taſted; the herb being bruiſed and applyed, is good in the beginning of a Plague ſore ariſing, being bound to the middle of the Thigh, if it ariſe in the Groin, and a little above the Elbow, if the ſwelling ariſe under the Arm-pit, it draws the Peſtilential Venome unto it ſelf: it will draw a bliſter as well as Cantharides, and may be applyed to the Nape of the Neck, to draw Rheume from the Eyes; an oyntment of the herb and flowers will work the ſame effects.*

Cuckow-pintle, or Wake Robin. Arum.

I Shall beſtow no time to deſcribe this, for Children know it, uſing to gather the peſtles or ſpits to play with.

Names.]

Names.] It is called in Latine *Arum*, and *Aron*; when I was a Childe, my ſelf and my School-fellows well knew it by the name of Cuckow ſpits: it is alſo called Cuckow Pintle, Prieſts Pintle, Wake Robin, and Starchwort, becauſe white Starch hath been made of the root of it.

Places and Time.] They grow almoſt under every dry bank, and hedge, they ſhoot forth their leaves in the Spring, and the ſpike appears about Cuckow-time.

Nature and Vertues.] *It is hot and dry in the third degree, the leaves or juyce cleanſeth filthy Ulcers; and helps the Pollipus and ſtinking ſores of the Noſe: the decoction of the roots clears the ſight, and takes away films and miſts from the Eyes. The powder of the berries mixed with oyl of Roſes and dropped into the Ears, eaſeth pains of them. The roots or berries beaten together with hot Oxe dung, eaſeth the pains of the Gout. The green leaves bruiſed and laid upon a Plague ſore or boyl, helps to draw out the infection. An Electuary made of the dryed root, helps ſhortneſs of breath, and rids away phlegm from the Breaſt and Lungs, being boiled in milk it works the like effects: It alſo provokes the Terms, and heals inward Ulcers. The fume of the decoction is good to ſit over for falling out of the Fundament, both herb and root is very ſharp and biting, and is a venerious plant.*

Commyn. Cuminum.

THis ſeldom comes to maturity in our Countrey, but groweth in hot Countries, as *Spain* and *Italy*; it is called in Latine *Cuminum*, and *Cyminum*.

Nature and Vertues.] *Commyn ſeed is hot and dry in the third degree, according to* Galen; *being boiled in Wine and drunk, it breaks winde, and eaſeth the Chollick, being boiled with figs in Wine, it helps ſhortneſs of Breathing, old Coughs and Diſeaſes of the Breaſt, and is effectual for the Dropſie and giddineſs of the head; being boiled in Wine and made into a pul-*

pultis with Barley meal, it helps the ſwellings of the Cods, cauſed by winde or wateriſh humours, and other cold pains and ſwellings, and gripings and torments of the Belly, being applyed thereunto; it alſo eaſeth the Pluriſie and Stitches in the ſides, being quilted in a bag with ſome ſalt, and heated hot and ſprinkled with Wine Vinegar, and applyed hot to the ſide. The herb and root are of no uſe.

The Curran Tree. Ribes.

THeſe grow onely in our Gardens, but naturally in *Savoy*, *Auſtria*, and thoſe places from whence they have been tranſplanted to us.

Names.] It is called *Ribes*, and *Ribeſius frutex*, and *Groſſularia*, in Engliſh red and white Currans.

Temperature and Vertues.] *Currans are cold and moiſt in the ſecond degree, a plant of* Venus; *they provoke appetite, allay the heat of the Stomach, quench thirſt, and therefore are good in hot Agues; they temper the heat of the Liver and Choller, and reſiſt putrefaction: they cloſe the mouth of the Stomach, and ſtrengthen it. The dryed juyce or rob thereof is good againſt the Cough, ſtops the Lask and Flux proceeding from Choller.*

Contra Yerva, Vide *Root of Peru.*

The Cypreſs Tree. Cupreſſus.

THeſe are now frequently planted to adorn Gardens, but grow naturally in the Eaſtern Countries; therefore I ſhall deſcribe no more of them but the names, nature, and vertues.

Names.] In Latine its called *Cupreſſus*, and the Nuts or Clogs, *Nuces Cupreſſi.*

Nature and Vertues.] *The fruit and leaves are dry in the third degree, and aſtringent: the decoction of the leaves in ſweet Wine, helps the Strangury, and the powder of the leaves pro-*

provokes Urine. The decoction helps the Cough, ſhort windedneſs, Fluxes of the Belly, ſpitting of Blood, and the Rupture: the leaves beaten with figs, ſoftens tumours, and hardneſs of the Teſticles, and the Pollipus: the decoction of the nuts in Wine, cauſeth the hair to grow black, it being waſhed therewith. The filings of the Wood taken in Wine, provokes the Courſes, helps Venomous bitings, and cauſeth a good colour.

Daiſies. Conſolida minor.

IT were in vain to deſcribe theſe, they need it not.

Names.] It is called in Latine *Conſolida minor*, and *Herba Margarita.*

Place and Time.] They grow almoſt on every common, they flower in the Spring, and laſt moſt part of Summer.

Nature and Vertues.] *They are accounted cold and dry, an herb of* Venus; *the juyce of them, or the diſtilled water dropped into the eyes, clears the watring of them: a decoction hereof made with Wall-wort and Egrimony, giveth eaſe in the Palſie, Sciatica, and Gout, the places being bathed therewith, and is good againſt Ruptures and inward Burſtings. A Salve made of the leaves with Wax, Oyl, and Turpentine, is ſingular good for Wounds, eſpecially where there is any Inflammation: The leaves bruiſed and applyed, helps the ſwellings of the Cods, and the decoction cures inward Ulcers of the ſecret parts, cools the Liver, and abates the heat of Choller.*

☞ See further in *The Expert Doctors Diſpenſatory:* by *P. Morellus.*

Dandelion.

THis is counted amongſt the kindes of Succory, and therefore I ſhall refer it to that place.

Dar-

Darnel. Lolium.

Deſcription. IT groweth up with rough long leaves, with a ſlender joynted ſtalk; at the top whereof groweth a long ſpike with many heads one above another, containing divers husks on each ſide the ſtalk, wherein are contained the ſeeds, which eaſily fall out, whereby it increaſes much to the prejudice of the Corn where it uſually grows.

Names.] It is called in Latine *Lolium*, in Engliſh Darnel and Ray.

Place and time.] It is too well known amongſt Corn, and is ripe when the Corn is.

Nature and Vertues.] *Darnel is hot and dry, according to* Galen, *of a cleanſing quality, it reſtrains Fluxes, overflowing of the* Terms, *and the involuntary paſſing away of Urine, therefore it is good for ſuch as piſs their beds: the meal thereof is good to ſtay the ſpreading of fretting ſores and Gangreens: the decoction thereof in water and honey is good againſt the Sciatica, and it cleanſeth the skin, helps the Leproſie and Morphew, being applyed with ſalt and rhadiſh roots; it alſo draws out ſplinters, and thorns, being applyed pultis-wiſe with hogs greaſe; but it is very nought for the eyes and head, cauſing giddineſs, if the ſeeds get into bread amongſt Corn, as often it doth, if not carefully prevented.*

Danewort, Vide *Dwarf Elder.*

Dates. Dactyli.

THis Tree groweth in the Eaſtern Countries, from whence the fruit is brought to us. They are called in Latine *Dactyli.*

The ripe dates are ſaid to be hot and moiſt in the ſecond degree, they yield a fat groſs nouriſhment, they are good againſt Conſumptions, Coughs, and hoarſeneſs, they ſtir up Venery,

Venery, ſtrengthen the Back, Liver, and Spleen: The decoction of them cools hot Agues, and helps ſpitting of Blood they ſtay Vomiting, Looſeneſs, and Womens Courſes, and the falling of the Fundament.

Devils Bit. Morſus Diaboli.

Deſcription. THis is a kinde of Scabious, and ſo like Scabious, that they are hardly known aſunder, but by the bitten root, or flower; it hath ſmall upright round ſtalks, about half a yard high, whereon are ſet ſomewhat broad long leaves, ſomewhat hairy, and uneven, little or nothing ſnipt about the edges; the flowers are of a dark purple colour, faſhioned like Scabious flowers: the ſeeds are ſmall and douny, being carried away with the winde when they are ripe: the root is black, thick, hard, and ſhort, with many threddy ſtrings faſtned to it; and about the middle a piece ſeemeth to be bitten out of it, and the root almoſt bitten in two; which (if old *Sawes* be true) the Devil did for envy, becauſe the herb is ſo beneficial for the health of mankinde.

Names.] Its called in Latine *Morſus Diaboli*, becauſe, as is ſaid, the root ſeems to be bitten almoſt in two; and in Engliſh, for the ſame reaſon, Devils Bit, and of ſome Forebit.

Place and Time.] It delights in dry Meadows, Woods, and wayes ſides, grows plentifully in *Danemoor* Wood in *Hampſhire*, in *Cobham* Park in *Kent*, and ſundry other places: It flowreth in *Auguſt*,

Nature and Vertues.] *Devils Bit is hot and dry in the latter end of the ſecond degree, ſomewhat bitter in taſte; the decoction thereof drunk, drives forth Winde, and eaſeth pains of the Matrix or Mother: It is an excellent remedy againſt old ſwellings of the Almonds, and upper part of the Throat: the mouth being gargled with a decoction thereof, and a little*

honey of Roſes, cleanſeth the Jaws of ſlimy Phlegm, digeſting and conſuming it, and takes away ſwellings in thoſe parts. Devils Bit ſerveth for all thoſe infirmities which Scabions doth, being as effectual againſt the ſtingings of poiſonous Beaſts, poiſons and peſtilent diſeaſes, and to conſume and waſte away Plague ſores, being bruiſed and laid upon them.

Dogs-graſs, Vide *Couch-graſs.*

Doun or Cotton Thiſtle. Acanthium.

THis common Thiſtle is ſo well known by his ſharp prickles and douny heads, that its needleſs to deſcribe him further.

Names.] Its called in Greek ἀκάνθιον, in Latine *Acanthium*, in Engliſh Doun Thiſtle, becauſe the doun may be gathered to ſtuff Pillows and Cuſhions; its alſo called Cotton Thiſtle, Argentine, or ſilver Thiſtle.

Place and Time.] They grow by ditches ſides, and high-wayes, almoſt every where: they flower from *June* till *Auguſt*, the ſecond year after ſowing, and when the ſeed is ripe, the herb periſheth.

Nature and Vertues.] Gallen *ſaith theſe are hot of temperature, and a Decoction of the leaves and roots being drunk, is good for thoſe that have their necks turned awry, or backwards, or their bodies drawn together by a Spaſm or Convulſion.*

Dwarf Elder or Dane Wort. Ebulus.

Deſcription. DWarf elder is as it were, both a herby plant and a ſhrub, having leaves very like unto Elder, and green ſtalks not wooddy, which periſh in Winter, being edged and full of joynts like the young branches of Elder: the leaves are wider and greater then thoſe of the common Elder, long and broad, and cut in the edge like a Saw, and conſiſt of many leaves, ſtand-

ſtanding by couples upon a thick ribbed ſtalk: the flowers are white, tipt with red, and grow at the top of the ſtalks in tuffs, having in them five little chives pointed with black, after which come black berries like common Elder, having in them little long ſeed. The root is rough and ſomewhat long.

Names.] In Greek its called χαμαιάκτη, *id eſt, humilis Sambucus*, in Latine *Ebulus*, and *Ebulum*, in Engliſh Dwarf Elder, Danewort, and Walwort.

Place and Time.] Dwarf Elder grows by common High wayes, and in untilled Fields, it grows plentifully in the road between *Sittingburn* and *Canterbury*, and in the Lane near *Hyedſor Wharf* in *Buckinghamſhire*, and in the grounds of Mr. *Hinde* there.

Nature and Vertues.] *Dwarf Elder is hot and dry in the third degree, having a waſting and conſuming quality, according to* Gallen: *it hath a purging faculty by the ſtool, a ſcruple of the ſeed bruiſed and taken once a week in ſyrrup of Roſes, and a glaſs of Sack purgeth down watry humours, whereby it is available in the Dropſie, and to eaſe the Gout; for which purpoſe the ſeed may be given to the quantity of a dram. The leaves have the cheefeſt faculty to digeſt and conſume; therefore being applyed in a pultis, bathe, or fomentation, they waſte away hard ſwellings. The young leaves applyed with Barley Meal, cooleth hot inflammations, and is good for burnings, ſcaldings, and bitings of mad Dogs: An unguent made thereof with Bulls tallow, or Goats ſuet, eaſeth the Gout. The roots of Danewort are accounted of greateſt force: a decoction of them in Wine purgeth down watry humours, and is good againſt the Dropſie; if they be boiled in a bath to ſit in, they ſoften and open the Matrix, and correct the infirmities thereof, and diſſolve pains and ſwellings of the Belly; and the juyce of the root maketh the hair of a black colour, being uſed for that purpoſe.*

Wall-fern, or Oſmond Royal. Oſmunda.

Deſcription. IT hath a great triangle ſtalk about a yard high, beſet on each ſide with large winged leaves dented or cut like polipody, reſembling the large leaves of the Aſh-tree, towards the tops of the branches grow brown, rough, and round grains, but they are not the ſeed; the root is great and thick, covered over with many ſcales and interlacing roots, having in the middle of the great wooddy part thereof ſome whiteneſs.

Names.] It is called in Latine *Oſmunda*, *filix Paluſtris*, and of ſome *Filicaſtrum*, by Alchimiſts *Lunaria major*; in Engliſh Water-fern, Oſmund Royal, and Oſmond the Water man.

Place and Time.] It grows in moiſt boggy Ditches, as in the Ditch near the Well in *Holſhot Lane* in *Hampſhire*: it flouriſheth in Summer as the other Ferns do, and the leaves decay in Winter, but the root continueth long.

Nature and Vertues.] *The roots are hot and dry, but not ſo hot as the other Ferns; the root, eſpecially the heart thereof, boiled or ſtamped and taken with ſome convenient liquor, is good for thoſe that are bruiſed by falls, dry beaten, or wounded, for which cauſe it is uſed in wound drinks: it is reputed to diſſolve clotted blood in any inward part of the body, and that it can drive it out by the wound: The young ſprigs at their firſt coming forth are good for all the ſaid purpoſes, and to be put into Balſoms, Oyls, and Plaiſters and Unguents for wounds, punches, and the like.*

Fig-wort, Vide *Throat-wort.*

Filipendula, Vide *Dropwort.*

Dill. Anethum.

Deſcription. IT groweth up with one ſtalk, hardly ſo big or high as Fennel; yet it is ſo like Fen-

Fennel, that it is often miſtaken for it; yet the leaves are harder and thicker then Fennel, of a ſtronger and more unpleaſant ſmell, and hath ſmaller Umbels of yellow flowers, and the ſeeds are flatter and thinner then Fennel ſeed, and not of ſo pleaſant a taſte, the root dyes every year.

Names.] It is called in Latine *Anethum*, in Engliſh Dill.

Place and Time.] It is ſown in Gardens, and being once ſown, if the ſeeds be ſuffered to ſhed, it needs no more ſowing: it flowers in *July*, and ſeeds in *Auguſt*.

Nature and Vertues.] Gerrard *ſaith it is dry in the beginning of the ſecond degree, and hot in the end thereof.* Parkinſon *ſaith it is hot in the third degree, and dry in the ſecond; an herb of* Mercury: *ſome ſay that it increaſes milk in womens breaſts, though many Authours deny it: it is good to expel Winde and provoke Urine, eaſe pains in the body, and ſtay Vomiting; it ſtrengthens the Brain, ſtayes Looſeneſs, and ſtirs up luſt, being boiled in Wine and drunk; but taken in too much quantity, it dulls the ſight: it digeſteth raw and viſcous humours, and eaſeth pains of winde. The oyl is good to diſſolve Impoſthumes, to procure ſleep, and warm the Brain, Stomach, and Belly, the parts being anointed therewith.*

☞ See further in *Adam in Eden:* by *W. Coles*,

Dittander, or Pepperwort. Lepidium.

Deſcription. IT hath long broad ſharp pointed leaves of a light blueiſh green colour dented about the edges, a round and tough ſtalk, a foot and a half high, having divers branches, and little white flowers, after which comes ſmall ſeed in little heads.

Names.] It is called in Latine *Lepidium*, and *Piperitis*.

Place and Time.] It groweth naturally in many places

of this Land, in low grounds, as in the Marſhes by *Rocheſter* in *Kent*: it flowers about *July*.

Nature and Vertues.] *It is hot and dry in the third degree, of a ſharp taſte, it hath a cleanſing quality, and is a Martial plant: The leaves being made into an ointment with Hogs ſuet, or bruiſed and applyed to the place, helps the Sciatica, Hip-Gout, and pain in the Joynts, the part being afterwards bathed with Wine and Oyl, and wrapped in Wool or Lambs Skins: ſome women give the juyce of Dittander, a ſpoonful or two in Ale to women in Travail to procure eaſie delivery; it helps to take away the ſcars of Burning, Scabs, and ſcars in the body, and cleanſeth diſcolourings of the Skin.*

Docks. Rumex.

THere are many kindes of Docks, as the red Dock and Bloodwort, but they are all ſo well known, I ſhall forbear any further deſcription.

Names.] Its called in Latine *Lapathum*, and *Rumex*, and Bloodwort *Lapathum Sanguineum*.

Their places and time of growth is very well known.

Nature and Vertues.] *They are cold and dry generally, yet herbs of* Jove, *and therefore good to ſtrengthen the Liver and cleanſe the Blood, eſpecially Bloodwort; they are good to cool hot Livers, and the red Dock root is good againſt the yellow Jaundies: The root doth alſo provoke Urine, and the Terms, and expells Gravel out of the Bladder. The decoction of the ſeed helps wamblings in the Stomach, and ſtops Fluxes. The diſtilled water cleanſes the Skin from the Morphew and Freckles.*

Dodder of Time, or Epithymum.

Deſcription. DOdder ſhoots ſtrings or threads out of the ground at firſt, which are greater or leſs, according to the nature of the plant whereon it grows

grows or faſtneth: theſe ſtrings have no leaves, but winde themſelves thick about the plant they lay hold on, ready ſometimes to ſtrangle it; after they have gotten good hold they break off at bottom, and receive nouriſhment from the plant, partaking of its nature; it puts forth cluſters of ſmall husks or heads, which ſend forth ſmall whitiſh flowers, and afterwards ſmall pale coloured flat ſeed, and twice as big as Poppey ſeed.

Names.] Dodder is called in Shops *Cuſcuta*; but that which groweth upon Time *Epithymum*; it grows alſo upon Nettles, Flax, Ferne, Savory, Tares, and other Plants: that which grows upon Tares, the Husbandmen call Hellweed, becauſe they cannot deſtroy it.

Places and Time.] That of Time and Flax grow rarely in *England*, but thoſe of Nettles and Fern do: It flowers in *July* and *Auguſt*.

Nature and Vertues.] *Dodders do partake of the nature of the Plant on which they grow; and therefore Dodder of Time is hot and dry in the third degree, whoſe vertues follow: It purges Choller and Phlegm, and therefore is good againſt Melancholly, hardneſs of the Spleen, Madneſs, Faintings, and the Quartane Ague, windineſs, ſtopping of the Kidneys, Itch, Leproſie, Ulcers, and the French Pox: It opens the Gall, cleanſes the Blood, and is good againſt the Jaundies, and ſtrengthens the Liver and Spleen, and is good againſt all hypocondriack paſſions. Dodder of Nettles and Broom provokes Urine, and the other Dodders participate of the nature of the Plant whereon they grow, and therefore have the ſame Vertues: ſo that Mr.* Culpepper *was beſides the ſaddle in attributing them all to the dominion of* Saturn.

☞ See more of this in the Expert Doctors Diſpenſatory: written by *P. Morellus.*

☞ See more of this in *Adam in Eden*, by *Will. Coles.*

Dog-toothed Violet, or Corral-wort.
Dentaria.

Deſcription. IT ſhooteth forth one or two winged leaves upon a browniſh foot-ſtalk, being doubled or folded downwards at their firſt riſing out of the ground, and then they open into five or ſeven leaves, of a ſad green colour, each leaf being ſomewhat long, dented about the edges and pointed, ſtanding on both ſides of the middle rib one againſt another: the ſtalk that bears the flowers, riſeth up with the leaves, and is naked to the middle, where it ſhoots forth a leaf, a little higher it ſhooteth forth one or two leaves more, each conſiſting but of five leaves, and ſometimes but two or three; at each whereof cometh forth a ſmall round bulbe divided into ſome parts or cloves of a ſad purpliſh green colour, about which at the top come the flowers which are like the flowers of ſtock-gilly-flowers, of a purpliſh colour, growing upon ſhort foot ſtalks opening into four leaves, after which come cods wherein the ſeed is contained; the root is white, ſmooth, and creeps under ground: both leaf and root is bitter and ſharp, and biting, like Radiſh.

Names.] It is called in Latine *Dentaria*, in Engliſh Corral-wort, and Dog-toothed Violet.

Place and Time.] It hath been found growing in *Suſſex*, and about *Croyden* in *Surrey*, and many other places: they flower in *April* and *May*, and are gone before *July*.

Nature and Vertues.] *The roots are drying, and binding, and do alſo ſtrengthen; it provokes Urine, and cleanſes the Bladder of gravel: it ſhould be a Saturnine herb, yet* Culpepper *aſcribes it to the Moon, it helps gripings in the Belly*

and

and ſides, and inward hurts in the Breaſt, Lungs, and Bowels: a dram of the root taken in powder in red Wine, and uſed often, it ſtayes Fluxes, provided they proceed not from Choller, and is good for the Dropſie and Ruptures, the ſame doſe being given in the diſtilled water of Horſe-tail; and the decoction of the herb helps Maladies of the Teeth, the mouth being gargled therewith, and ſo doth the dry root being held between the Teeth, it conſolidates green wounds, and dryes up the moiſture in Ulcers, cauſing them thereby the ſooner to heal, the decoction of the herb being applyed unto them.

Doves-foot, or Cranes-Bill. Geranium Columbinum.

Deſcription. IT grows up with divers ſmall round pale green leaves, dented about ſomewhat more then Mallows, lying round upon the ground upon reddiſh hairy ſtalks, among which riſe up two or three weak joynted reddiſh hairy ſtalks, with ſmall leaves, on the tops grow many ſmall red flowers of five leaves apiece; the ſeed is like a Cranes Bill, the root is ſlender and fibrous.

Names.] It is called *Geranium Columbinum*, *Gruinalis*, and *Gruinum*; in Engliſh Doves-foot, and Cranes-Bill.

Place and Time.] It grows frequently in paſture grounds in many places of this Land, and flouriſhes moſt part of the Summer.

Nature and Vertues.] *Doves-foot is cold and dry, with a binding quality, rather Saturnine then Martial. It is good to expell Winde, and the Stone and Gravel in the Kidneys, the decoction being drunk, which is alſo good for inward Wounds, Ulcers, and Bruiſes, to diſſolve congealed blood: The powder of the herb and root taken in red Wine firſt and laſt, many dayes*

dayes together, cures Ruptures, young or old; in aged perſons, mix with it the powder of nine red Snails dryed in an Oven; and being made into a Salve it heals outward Sores, Ulcers, and Fiſtula's, and being bruiſed and applyed to green Wounds, it quickly heals them.

Ducks-meat. Aquæ Lenticula.

IT needs no deſcription being well known.

Names.] *Aquæ Lenticula*, and *Lens paluſtris*, the Latines term it; in Engliſh Grains, and Ducks meat.

Place and Time.] It grows on the tops of ſtanding waters and ponds, and will cover them quite over, if the Ducks meet not with it.

Nature and Vertues.] *It is cold and moiſt, aſcribed to the Moon and* Cancer, *it is good in a pultis with Barley meal to eaſe the pains of the hot Gout, and cool inflammations and St.* Anthonies *fire, and the ſwelling of the Cods, the diſtilled water helps inward inflammations, redneſs of the Eyes, and is good in Burning Fevers, and it eaſeth pains of the head, coming of heat, the freſh herb being applyed to the forehead.*

Dragons. Serpentaria.

THeſe are very well known in Gardens, and the ſtalks are ſpeckled ſo like a Snake, that he that knows one, may ſoon know the other.

Names.] It is called in Latine *Serpentaria, Biſaria Colubrina*, and *Dracunculus*; in Engliſh Dragons.

Place and Time.] They are onely planted in Gardens with us, they flower in *July*, and the Berries are ripe in *September*.

Nature and Vertues.] *It is a Martial herb, hot and dry, aſtringent, biting and bitter in taſte; it is ſomewhat of the nature of Cuckow-pintle, both incite to Venery: it is good againſt*

againſt Coughs, Catarrs, Convulſions, and Cramps, it conſumes groſs humours, and cleanſeth the inward parts: the diſtilled water helps Freckles, Morphew, and Sun-burning, and clears the ſight, the juyce helps the pin and web in the Eye: An oyntment thereof is good in Wounds, Ulcers, Cankers, and Pollipus; the green leaves are good for Ulcers, green Wounds, and venomous bitings: the diſtilled water is good againſt the Plague, Poiſon, and peſtilential Fevers, being drunk with Treacle or Mithridate. Women with childe are not to meddle with this herb.

Dropwort. Filipendula.

Deſcription. IT ſhooteth forth long winged leaves, dented ſomewhat like Burnet, or wilde Tanſie, but harder in handling; the ſtalk riſes about two foot high, at the top come white ſweet flowers of five leaves apiece, with ſome threds in the middle ſtanding in an Umbell: the ſeeds are ſmall and black.

Names.] *Filipendula* is the Latine name, and it is alſo called in Engliſh Filipendula, and Dropwort.

Place and Time.] It grows in many places of this Land by hedges ſides: they flower in *June* and *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *It is an herb of* Venus, *ſaith* Culpepper, *but it is contrary to her nature, being hot and dry in the third degree, opening, cleanſing, and a little binding; it is good to help the Strangury, or piſſing by drops, to expell the Stone in the Kidneys and Bladder, being taken in a decoction with white Wine, and a little Honey: it provokes womens Courſes, and is good againſt the Dropſie, Jaundies, and Falling Sickneſs. An Electuary of the roots breaks Winde, helps diſeaſes of the Lungs, the Cough, and brings away Phlegm; the knots of the roots in powder is good for Fiſtula's and old Sores,*

Sores, and allayes the ſwellings of the Piles or Hemorrhoides,

Elder. Sambucus.

THis is very well known, therefore I ſhall deſcribe another kinde called Dwarf Elder.

Dwarf Elder riſes in the Spring with a four ſquare rough hairy ſtalk, four foot high, or more; the leaves are narrower then thoſe of the Elder Tree, but very like them: the flowers ſtand alſo in Umbels like the other, being white mixed with purple, but of a ſweeter ſcent then Elder; after which come blackiſh Berries, full of juyce, wherein is contained hard kernels or ſeeds: the root dyes every year.

Names.] The common Elder Tree is called in Latine *Sambucus*, the dwarf Elder, *Humilis Sambucus*, and *Ebulus*; and in Engliſh is known by the names of Walwort, Danewort, and Dwarf Elder.

Place and Time.] There is ſcarce a Town or Village, but the common Elder grows in its Hedges; the Dwarf Elder grows wilde in many places of *England*, particularly in the grounds of Mr. *Hinde* at *Hedſor* in *Buckinghamſhire*. The Elder flowers in *June*, the fruit is uſually ripe in *Auguſt*; the Dwarf Elder is ſomewhat later.

Nature and Vertues.] *Elder is hot and dry in the ſecond and third degree, the Danewort ſomething hotter, both under* Mars; *it is profitable for the Dropſie, and to remove watry humours between the skin and the fleſh; the young buds boiled in broth purges Phlegm and Choller; the inner bark is commended for the yellow Jaundies; medicines prepared of the bark opens obſtructions: ſix drops of the ſpirit of Elder ſalt taken in broth is good in the Scurvy. The decoction of the root in wine cures the bitings of venomous Beaſts, and mad Dogs, mollifies hardneſs of the Mother, opens the Veins, and provokes the Terms,*

the

the berries work the ſame effects, the juyce of the green leaves helps inflammations of the Eyes: there is hardly a diſeaſe from the head to the foot but Elder is effectual for it; it is good for Melancholly, Madneſs, the Falling Sickneſs, Palſie, Apoplexy, Catharrs, Tooth-ache; Deafneſs, diſeaſes of the Lungs, Mouth, and Throat, Hoarſeneſs, Ptiſick, ſore Breaſts, ſwoonings and Faintings, Gout, Worms, Stone, Plague, Pox, Meaſles, and diſeaſes of the Stomach; Cùm multis aliis, *&c.*

The Dwarf Elder is ſtronger then the other, for all the ſaid purpoſes, and hath beſides particular vertues, viz. *the juyce of the root cures the Kings Evil and Quinzy, being applyed to the Throat, and being put into the Fundament ſtayes it from falling down. The root being ſteeped in Wine all night, helps Agues, a dram of the ſeeds in powder with a little Cinamon taken in the decoction of ground Pine, is good againſt the French Diſeaſe, Gout, Sciatica, and joynt Aches, by drawing away peccant humours: An Oyntment made of the green leaves with May Butter, mollifies ſtarkneſs of the Nerves and Sinews, and remedies outward Pains, Aches, Cramps, and Lameneſs.*

☞ See further in *Adam in Eden*: by *W. Coles.*

Elecampane. Enula.

Deſcription. IT groweth up with a long hairy ſtalk, bearing great large leaves pointed at the ends, it gives a large yellow flower, the root is white and increaſeth much every year, ſpreading under the ground; 'tis well known, therefore I forbear any further deſcription.

Names.] *Enula Campana*, is the Latine Appellation.

Place and Time.] It delights in Meadows and fertile ground, flowers in *June* and *July*, and the leaves fall in Autumne.

Nature and Vertues.] *It is hot and dry in the third degree, a Solar herb, a great friend to the Breaſt and Lungs,*

and

and a helper of ſhortneſs of Breath, it opens the Liver and Spleen, and is good againſt poiſons and venomous bitings, and helps Cramps, Ruptures, and inward bruiſes, the decoction of the root being drunk: the roots candied, warm a cold Stomach, helps the Cough and Wheeſings: An oyntment made of the roots with Hogs greaſe, and a little flower of Brimſtone, is an excellent remedy for the Itch. The root chewed, faſtens looſe Teeth, and preſerves them from rotting. The diſtilled water of the green leaves makes the face fair, cleanſes the skin, and helps the Morphew. The decoction thereof provokes Urine and the Terms, and cleanſes the Breaſt and Lungs.

Elme-Tree. Ulmus.

THis Tree is ſo well known for its Timber, it needs no deſcription; but we proceed to the Phyſical uſe of it.

Names,] *Ulmus* the Latines call it.

Nature and Vertues.] *The Leaves and Bark are moderately hot, having a cleanſing and glewing quality, and I believe Saturnine.*

The water in the bladders upon the leaves are ſaid to be good to help burſtneſs, cloathes being wet in the water and applyed, and the parts bound up with a Truſs, it alſo cleanſes the skin: The decoction of the Bark of the Root ſoftens hard ſwellings; the decoction of the middle bark is good to bathe places burnt or ſcalded, and being boiled in wine and ſome ſyrrup of Mulberries added to it, cauſes the pallat of the mouth to aſcend, being fallen: the decoction in water helps the Dandriff, Scurfs, and Leproſie. The leaves heal green Wounds, and the water of the bladders that grow upon the leaves, being put in a glaſs and ſet in Horſe-dung for five and twenty dayes, the mouth of the glaſs being ſtopt, and a lay of ſalt underneath; ſo that the feces may ſettle, and the water become very clear, is a ſoverein Balſome for green wounds, being applyed with ſoft

Tents;

Tents; it may be ſet in the ground, if you be not provided of Dung. An Unguent being made of Elme Bark, by boiling it to that conſiſtence, is a ſovereign remedy to allay the pains of the Gout.

Endive. Endivia.

Deſcription. MAſter *Coles* comprehends the Succory, Dandelion, and Endive all together, as not differing in Nature, though in Form, and one Greek name goes for them all; namely, σέριϕος, yet Succory is called *Cichoreum*, and *Cichorea* in Latine, and the Endive *Endivia*; which Endive bears a larger leaf then Succory, and the root periſhes every year: it bears blue flowers and ſeed like Succory.

The names I have given you in the Deſcription.

Place and Time.] It is an inhabitant onely in Gardens; if it be ſown in the Spring it quickly flowers and ſeeds.

Nature and Vertues.] *It is cold and dry, cleanſing, Jovial, ſaith Mr.* Culpepper; *but I judge rather under* Venus: *it cools the ſharpneſs of Urine, and cleanſes the uretory parts: The decoction of it, or the diſtilled water is good in hot Agues and Inflammations to mittigate the heat; it helps the great heat of the Stomach and Liver, ſtoppings of the Gall, and Urine, lack of ſleep in hot burning Fevers; being outwardly applyed, it allayes Swellings, Puſhes, and Pimples, and is good to waſh peſtiferous ſores and Ulcers.*

☞ See further in *The Expert Doctors Diſpenſatory*: by *P. Morellus.*

Eringo, or Sea-holly. Eringium.

Deſcription. THe Sea-holly cometh up with tender leaves at the firſt, but as they grow old, they grow hard and prickly, crumpled about the edges, with here and there a ſharp prickle: they are of a blueiſh green

green colour, and ſtand every one upon a long foot ſtalk, after comes a long creſted ſtalk, having ſeveral joynts beſet with leaves ſharp and prickly, it bears round prickly herds, out of which ſhoot blue flowers with whitiſh threads in the middle; the root grows very long, and is about the bigneſs of a mans little finger, having a pleaſant taſte, browniſh without, but white within, with ſome pith in the middle.

Names.] The Greeks call it Ἐρύγγιον, and the Latines *Eringium*, the Shop *Eringus*, and *Eringo*; in Engliſh we call in Sea-holly.

Place and Time.] It grows about the Sea ſides in moſt Countreys of *England*; as upon the Sea Sands by *Yarmouth* in *Norfolk*, and about *Shuberry* in *Eſſex*: it flowers about the latter end of Summer, and ſeeds about a month after.

Nature and Vertues.] *Sea-holly is temperate, of a cleanſing drying nature, a Venerial plant; the roots confected, ſtir up the affection to Venery, and are a reſtorative againſt the conſuming of old age: being decocted in Wine, they open obſtructions of the Spleen and Liver, provoke Urine, expell the Stone, and move the Terms, helps the yellow Jaundies, Dropſie, pain in the Loins, and winde Chollick. The roots bruiſed and applyed to the Throat, helps the Kernels there, and heals bitings of Serpents, being taken inwardly, and applyed to the place; and if the roots be boiled in Hogs Lard, and applied to thorns in the fleſh, it draws them out, and heals the place: the juyce of the leaves helps Impoſthumes in the Ears. The diſtilled water of the whole herb being young, drives away Melancholly, and helps Quartane and Quotidian Agues; the young tender ſhoots may be eaten freſh, or pickled, they are a good Venerial Sallet.*

☞ See more of this in the Art of Simpling: written by *W. Coles.*

Eye-

Eye-bright. Ocularia.

Deſcription. IT is a ſmall low herb, riſing ſeldom above a ſpan high, having a blackiſh green ſtalk, which ſpreadeth from the bottom into ſundry branches, whereon grow ſmall dark green leaves finely ſnipt about the edges, growing two together very thick; the flowers are ſmall and white, ſtriped with purple and yellow ſpots, and grow at the joynts with the leaves from the middle upwards: the ſeeds are very ſmall, growing in ſmall round heads which ſucceed the flowers. The root is long, ſmall, and threddy.

Names.] *Euphraſia* is both a Greek and Latine name for it; it is alſo called in Latine *Opthalmica*, and *Ocularia*, in Engliſh Eye-bright.

Places and Time.] It grows plentifully in many places of this Land, by Hedge rowes, and on Hills ſides: it groweth in the High way between *Graveſend* and *Rocheſter*, and in the Fields about *Graveſend*: They flower in *Auguſt*, which is the beſt time to gather it, before it ſeeds.

Nature and Vertues.] *It is a Solar herb, hot and dry, it is excellent to clarifie and preſerve the ſight from dimneſs, either the powder of the dry herb being uſed, or the juyce of the green plant: the diſtilled water clears the dimneſs of the Eyes, either being dropped into the Eyes, or drunk in Wine or Broth: a Conſerve of the Flowers works the like effects, being eaten. It reſtoreth a decayed Memory, and helps a weak Brain and Memory, being uſed any of the aforeſaid wayes; if it were tunned up with Bear or Ale, it will work the like effects. Some Authours write that Birds make uſe of it to repair their ſight; and* Arnoldus *ſaith, that it did reſtore their ſight who had been blinde a long while.*

Ferne. Filix.

ITs very well known; there is accounted a Male and Female, and Water Ferne, or Oſmond Royal.

Names.] The Latine name for Ferne is *Filix*, the Water Fern, *Oſmunda Regalis*, and St. *Chriſtophers* Herb.

Place and Time.] Fern grows too plentiful in many places, and can hardly be rooted out where it hath poſſeſſion: the ſeeds are ſmall, trebble pointed, black and ſhining, and may be gotten on Midſummer-eve at night, at which time I have gathered it my ſelf.

The Water Ferne grows by wet Ditches ſides, bogs, and watriſh places.

Nature and Vertues.] *Ferne is hot and dry, bitter, and ſomewhat aſtringent, a Mercurial Plant: the roots of Ferne boiled in Mead, kills worms in the Belly, and abates ſwelling and hardneſs of the Spleen; and being bruiſed and boiled in Oyl or Hogs Greaſe, they make a good Oyntment to heal Wounds and Bruiſes, and eaſes the Chollick, and Diſeaſes of the Spleen, eſpecially thoſe of the Water Fern, A bath made of the leaves, is good to ſtrengthen the Sinews: the powder of the root dryes up the watry humours of Ulcers. A dyet Drink being made of it with other Capillary Herbs, is good for the Rickets.*

The water Fern is effectual for Ruptures, an Oyntment being made thereof; and the decoction of the root in white Wine provokes Urine, and opens the uretory paſſages.

Featherfew. Parthenium.

Deſcription. IT grows up with many large green leaves, very much torn, or cut about the edges, the ſtalks are hard and round, beſet with ſmaller leaves; the flowers ſtand ſingle, upon ſeveral foot ſtalks at the top, conſiſting of ſmall white leaves ſtanding round about

about a yellow thrum in the middle, the root is tough, hard, and ſhort, having many fibres thereat; the whole Plant of a ſtrong ſcent, and bitter taſte.

Names.] *Parthenium*, from the Greek παρθένιον, and *Matricaria*, and *Febrifuga* in Latine.

Place and Time.] It grows by divers Walls and Hedges, and frequently in Gardens; they continue in flower the greateſt part of Summer.

Nature and Vertues.] *Featherfew is hot and dry in the third degree, having a quality of cleanſing and opening; its temperature, ſcent, and taſte attributes it to* Mars, *but its vertues are aſcribed to* Venus; *it is an excellent herb for womens Diſeaſes, for all Diſeaſes of the Mother: the decoction being drunk, or the fume ſet over, helps fits of the Mother, it drives down the Courſes, expells the dead Childe and After-birth. The juyce, with the juyce of Motherwort taken in old Ale, with a little groſs Pepper, is good to prevent fits of the Mother. The decoction with Sugar or Honey, helps the Cough and ſhort Windedneſs, and cleanſes the Reins and Bladder, ſo doth the powder of the herb, and expells Melancholly, helps the ſwimming of the Head, and windineſs in the Stomach, and is good againſt the Dropſie; it is good for cold and moiſt bodies, to ſtir up the procreative vertue, but it is naught for hot and dry bodies; its a good remedy for ſuch as have taken too much* opium; *being fryed with Oyl and Wine, it eaſes the griping pains of winde being applyed to the Stomach and Belly. The diſtilled water cleanſeth the Skin.*

Fellwort, Vide *Gentian.*

Fennel. Feniculus.

FEnnel is well known, its Latine name *Feniculus*, Gardens are his habitation; he flowers in *June* and *July*, and the ſeed is ripe in *Auguſt.*

Nature and Vertues.] *Moſt affirm Fennel to be hot in the*

third degree, and dry in the firſt, and according to Gerrard, *the ſeed is hot and dry in the third degree; it is a Mercurial herb, ſaith* Culpepper, *but I ſuppoſe rather Solar: it is uſed to be boiled with Fiſh and other viſcous meats to digeſt their crude and phlegmatick qualities, and the ſeed is uſed in bread to break Winde, and ſtrengthen the breath. The diſtilled water cleanſeth the Eyes, being dropped therein, and the condenſate juyce cleanſeth them from Miſts and Films. It is good to increaſe milk in Nurſes, it provokes Urine, and eaſes the pains of the Stone: The leaves, or rather the ſeeds, boiled in water, ſtay the Hiccock, helps loathings of the Stomach of ſick perſons, and allayeth the heat thereof, and is a remedy for ſuch as have eaten poiſonous herbs, and againſt bitings by Serpents. The ſeed and root opens obſtructions of the Liver, Spleen, and Gall, helps ſhortneſs of breath. The roots in dyet drink or broth, cleanſeth the Blood, opens the Liver, provokes Urine, and helps the evil colour of the face after long Sickneſs, and cauſeth a good habit throughout the body; the juyce kills worms in the Ears, being dropped therein. The ordinary Fennel is ſtronger then the ſweet Fennel, and therefore better for the purpoſes aforeſaid:*

Fennel Giant. Ferulago.

Deſcription and place. THis plant grows in *Cyrene*, and brings forth the Gum called *Ammoniacum.* which is hot and dry in the ſecond degree, which is good to diſſolve *Tumors, and taken inwardly it purges Phlegm, opens ſtoppings of the Liver, helps Aſtma's and ſtoppings of breath, it provokes Urine and the Terms, eaſes the Gout and Stiatica, ſoftens Corns and hard Swellings.*

☞ See further in Adam in Eden: written by *Will. Coles.*

Sow-

Sow-Fennel, or Hogs-Fennel.
Peucedanum.

Deſcription. IT hath divers branched ſtiff ſtalks, full of knees of thick long leaves, three for the moſt part joyned together at a place, among which riſeth a creſted ſtalk leſs then Fennel, ſomewhat joynted, and leaves thereon, and towards the top ſome branches; on the tops whereof grow tufts of yellow flowers: the ſeeds are thin, flat and yellowiſh, almoſt twice as big as Fennel ſeed: the root is great, and grows deep with many fibres, ſmelling like hot brimſtone, and yielding a yellowiſh juyce like a Gum.

Names.] *Peucedanus*, and *Peucedanum*, are the Latine names; in Engliſh Hogs-Fennel, Sow-Fennel, Hore-ſtrange, and Hore-ſtrong, Sulpher-wort, or Brimſtone-wort.

Places and Time.] It grows in ſalt low Marſhes, as by *Whitſtable* and *Feaverſham* in *Kent*, and many other places: they flower and ſeed towards the end of Summer.

Nature and Vertues.] *It is a Mercurial herb, hot in the ſecond degree, and dry in the beginning of the third. The juyce diſſolved in Wine, and dropped into the Ears, helps ſuch griefs thereof as proceed from a cold cauſe; the ſame uſed with Vinegar and Roſe-water, or the juyce with a little* Euphorbium *put to the Noſe, helps the Phrenzy, Lethargy, Giddineſs, falling Sickneſs, long and inveterate Head-ache, the Palſie, Sciatica, Cramp, and generally all diſeaſes of the Nerves and Sinews, if it be uſed with Oyl and Vinegar, as ſaith* Dioſcorides, *and* Gallen: *the juyce diſſolved in Wine, or put in an Egge, is good for the Cough, ſhortneſs of Breath, and winde in the body, it gently purges the Belly, diſſolves winde and hardneſs of the Spleen, gives eaſe to women that*

have hard Labour, and eaſeth pains of the Reins, Bladder, and Womb: the juyce put into a hollow tooth, eaſeth the pain, and ſo doth the root but more ſlowly. The powder of the dried root cleanſeth foul Ulcers, and removes ſplinters or broken bones out of the fleſh, dryes up inveterate Sores, and is of a great force in green Wounds.

Fig-wort. Vide *Throat-wort.*

Flax. Linum.

THis needs no deſcription, good Houſewifes know it well enough; it is called in Latine *Linum*, which is ſomewhat near our Engliſh word Linnen, fine linnen cloth being made thereof: it flowers from Midſummer till *Auguſt*, it is ſown in divers places of this Land.

Nature and Vertues.] *The ſeed thereof, which we call Linſeed, which is onely uſed in Phyſick, is hot in the firſt degree, and in a mean between moiſt and dry; but* Dodoneus *ſaith it hath a ſuperfluous moiſture and cauſes winde; and that the Inhabitants of* Middleborough *in* Zealand, *for want of Corn, eat thereof, to the great prejudice of their healths; but the ſeed being boiled in water, and ſome honey put to it, is ſaid to eaſe the Chollick, Stitches, and Inflammations. I fancy not that medicine; but the ſeed is a good ingredient in pultiſſes with Fenugreek and Mallows, to mollifie and diſcuſs Tumors in any part of the body; and being uſed with Myrrhe and Rozen, it helps Ruptures and ſwellings of the cods: the decoction thereof in wine is good to ſtay the ſpreading of filthy Sores, being uſed thereto; and being mixed with honey, or ſuet, and wax, and applyed, it helps hard ſwellings under the Ears and Throat, and remedies ſpots and diſcolourings of the skin.*

Fig-Tree. Ficus.

THe Fig-tree ſeldom grows in *England*, but as it is planted againſt a Wall; yet at the houſe of *Rowland Hinde*

Hinde Eſquire, at *Hedſor* in *Buckinghamſhire*, grows, or lately did grow, a Fig-Tree in his Court, having a body as big as an ordinary Elme or Oak, growing low, and ſpreading much ground with great Boughs.

Names.] The Greeks call the Tree συκὴ, and the fruit σῦκον; in Latine both tree and fruit is called *Ficus*.

Place and Time.] They grow plentifully in *Spain* and *Italy*, and bear fruit both in the Spring, and in *Auguſt*, and *September*.

Nature and Vertues.] *Figs are hot and moiſt almoſt in the third degree, and yield good nouriſhment; but being immoderately eaten, they ingender crude humours in the Stomach, and hurt hot Livers, and chollerick Stomachs; they are therefore beſt for old phlegmatick perſons: being eaten with Almonds, they cleanſe the Breaſt and the Lungs. A decoction of them with Hyſop and Liquoriſh, is good for the Cough of the Lungs, and for the Reins and Bladder, and to recover a good colour to them that have loſt it by Sickneſs; it alſo cleanſes the Womb, and is uſeful for the Dropſie, Quinzy, and the falling Sickneſs; they are a good Antidote againſt the Plague, Poiſon, and infectious Air, being ſtamped together with Salt, Rue, and Nut Kernels, and eaten faſting in the mornings: a Fig ſliced and toaſted, and applyed to an aking Tooth, ſometimes gives eaſe. The decoction of the leaves is good to waſh ſore heads, for the Leproſie, Morphew, and running Sores; and a ſyrrup made thereof is good againſt Coughs, ſhortneſs of Breath, and all diſeaſes of the Breaſt and Lungs.*

Filberd, Vide *Hazel Nut*.

Fiſtick Nuts. Piſtacia.

THis tree grows in the Eaſt Indies, *Perſia*, and *Arabia*, and the hot parts of *Italy*,

Names.] It is called in Latine *Piſtacia*, and *Piſtacium*, in Engliſh the fruit is called Piſtacies, and Fiſtick Nuts.

Nature and Vertues.] *They are under the dominion of* Jupiter, *of temperature hot and moiſt; they increaſe ſeed, and ſtir up Venery, being eaten condited, or otherwiſe, they recover ſtrength in thoſe bodies which are in Conſumptions, and are grateful to the Stomach; they are good againſt bitings of venomous creatures; they open obſtructions of the Liver, Cheſt, and Lungs, concocting and digeſting raw humours that offend them; they are a little aſtringent, ſtrengthening the Liver and Stomach, uſed either in meats or medicines; they remove Sand and Gravel out of the Reins and Kidneys, aſſwage their pain, and are good for Ulcers.*

Fleawort. Herba pulicaria.

Deſcription. ORdinary Fleawort groweth up with a ſtalk two foot high, or more, full of branches on every ſide up to the top, and at every joynt grow two ſmall, long, and narrow whitiſh green leaves, at the tops of every joynt ſtand divers ſhort ſmall ſcaly or chaffy heads, out of which come ſmall whitiſh yellow threds, like thoſe of plantain, which are the bloomings or flowers; the ſeed is ſmall and ſhining, while it is freſh, very like Fleas, but turning black when it grows old: the root is white, hard, and woody, periſhing every year. The whole plant is whitiſh, hairy, and ſmelling ſomewhat like Rozin.

Names.] Its called in Latine *Herba pulicaria*, and in Shops, *Pſyllium*, in Engliſh Fleawort.

Place and time.] It grows with us no where but in Gardens, but there is another kinde much like the former, which grows in Fields near the Sea-coaſts: they flower in *July*, or thereabouts with us, but in their natural Countreys all the Summer.

Nature and Vertues.] *The ſeed of Fleawort which is chiefly uſed in Phyſick, is cold in the ſecond degree, and tempe-*

rate

rate in moiſture and drineſs, according to Gallen *and* Serapio: *it is a Saturnine Plant. The muſcilage made with Roſe water, and taken with ſyrrup of Violets, or a little Sugar, purges Choller and Phlegm, is uſeful in burning Fevers to leniſie thirſt, and drineſs of the mouth and throat; it helps alſo Hoarſeneſs, Inflammations of the Breaſt, Lungs, and Head, and hot pains in the joynts; the muſcilage of the ſeed in an Electuary, with Marmalade of Quinces and Sugarcandy, hath the ſame effects, and ſtayes the fluxions of hot Rheumes. The ſeeds dryed and taken with Plantain water, ſtayes fluxes of the Belly, and helps the gripings thereof, cauſed by Chollerick humours, or the over-working of violent Medicines: the ſeeds bruiſed, or the herb mixed with juyce of Night-ſhade, or Houſleek, oyl of Roſes and Vinegar, eaſeth the hot Gout, and hot Impoſthumes; the water wherein the ſeeds have been ſteeped, is good againſt St.* Anthonies fire: *the juyce with Honey put into the Ears, ſtayes the running thereof, and is good for ſore Breaſts, being often applyed thereunto; being mixed with Hogs Greaſe, and applyed to corrupt Sores and Ulcers, it heals them. The muſcilage of the ſeed made in Plantain water, and mixed with the yolk of an Egge, or two, and a little of the Unguent* Populeon, *eaſeth the pains of the Piles and Hemorrhoides, being bound thereto. It is not ſafe for cold and moiſt bodies.*

Flixweed. Thalictrum.

Deſcription. FLixweed ſprings up with a round upright hard ſtalk about two foot high, ſpread into many branches, whereon grow many grayiſh green leaves, finely jagged like Roman Wormwood; the flowers are ſmall, of a dark yellow colour, and grows in a ſpiky faſhion on the tops of the ſpriggy branches, after which grow long pods, with ſmall yellowiſh ſeed in them, The root is long, weedy, and periſhes every year.

Names.]

Names.] It is called in Latine *Pſeudonaſturtium Sylveſtre, Thalictrum,* and *Sophia Chirurgorum.*

Places and Time.] It grows by Hedge ſides, High wayes, upon old walls in many places of this Land, and flowers from the beginning of *June*, till the end of *September.*

Nature and Vertues.] *Its a drying aſtringent Saturnine Herb; the ſeed drunk in Wine or water wherein Steell hath been often quenched, ſtops the Lask, Bloody Flux, and all other iſſues of Blood: the Herb boiled, performs the ſame effects; and alſo it conſolidates Bones broken or out of Joynt, from which vertue it obtained the name of* Sophia Chirurgorum: *a ſyrrup of it may be made to be taken inwardly for the former purpoſes. The juyce drunk in Wine, or the decoction of the Herb kills Worms in the Stomach and Belly, and Worms which ſometimes breed in Ulcers: the juyce or bruiſed herb put into Oyntments or Salves, quickly heals old Sores, how foul & malignant ſoever they be. They whoſe Stomachs cannot brooke any of the former Medicines, may take the diſtilled water which worketh the ſame effects, but not ſo effectually or powerfully.*

Fluellin, or Lluellin. Veronica Mas.

Deſcription. OF this plant there is a male and a female kinde, called male and female Speedwell, before the Welch-man gave it her Countrey name *Lluellin.*

The common Speedwel hath divers ſoft leaves about the breadth of a two pence, of a hoary green colour, a little dented about the edges, ſet by couples at the joynts of the hairy browniſh ſtalks, which lean upon the ground, never ſtanding upright, but ſhooting forth roots as they lie upon the ground; at divers joynts the flowers grow one above another at the top, and are of a blueiſh purple

ple colour, ſometimes white: the ſeed is ſmall and blackiſh contained in ſmall flat husks. The root is fibrous.

Names.] In Latine it hath been called *Veronica Mas*, and *Veronica Femina*, and *Betonica Pauli*; in Engliſh Male and Female Speedwel, and Pauls Betony; but the Shentleman of *Wales* hath given it the name of *Lluellin*, becauſe it ſaved her Noſe which the French Pox had almoſt gotten from her.

Place and Time.] They grow upon dry Banks and Wood ſides, and in ſandy grounds in many places of this Land: They flower in *June* and *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *The Male is temperately hot and dry, the Female cooling and drying; the Male is moſt common and of greateſt uſe: they are both good wound Herbs, a Salve being made therewith, with wax, oyl, and Turpentine: it alſo hinders the fretting of old Ulcers, ſtayes Bleeding of Wounds, diſſolves Swellings, it ſtrengthens the Heart, and expells Poiſon and Venome from thence; it ſtrengthens the Memory, eaſes ſwimmings and pains in the Head. The decoction given in Wine, it cleanſes the Blood, and helps the Leproſie, as is ſaid. A dram of it in powder in its own diſtilled water, helps the Cough, and diſeaſes of the Lungs and Breaſt. It opens the Liver and Spleen, cleanſes Ulcers in the Reins and Bladder: the diſtilled water is good to waſh Wounds and Sores, and helps Morphew, Scabs, and Freckles, a little Coperas being diſſolved therein, and bathed therewith. The Female Speedwel, or Fluellin, bruiſed and applyed with Barley Meal, helps watring Eyes cauſed by hot Rheumes flowing from the Head, it ſtops the overflowing of the Terms, and all Fluxes of Blood, it helps the inward parts which need conſolidating and ſtrengthning, the leaves being ſod in broth with a Hen, or piece of Veal. It is effectual to heal green Wounds, and to cleanſe and heal old foul Ulcers, and fretting Cancers.*

The

the juyce and decoction of the herb taken inwardly, and the herb uſed outwardly.

☞ See more of this in *The Art of Simpling*: written by *W. Coles.*

Fox-Gloves. Digitalis.

IT is known ſo commonly almoſt to every Childe in my Countrey of *Hampſhire*, that I ſhall forbear to make any large deſcription of it.

Names.] Authours call it by many ſtrange Latine names, as *Digitalis, Virga, Regia, Campanula ſilveſtris*, and many other affected names: We in Engliſh call it Fox-Gloves, and in *Hampſhire* it is very well known by the name of Poppers; becauſe if you hold the broad end of the flower cloſe between your finger and thumb, and blow at the ſmall head, as into a bladder, till it be full of winde, and then ſuddenly ſtrike on it with your other hand, it will give a great crack or pop.

Place and Time.] They grow generally in dry grounds, and under Hedges ſides in moſt Countreys of *England.*

Nature and Vertues.] *It is a Venerial Plant, ſaith* Culpepper, *but he forgets his Logick when he aſcribed all bitter plants to* Mars.

Fox-Gloves are bitter in taſte, hot and dry, having a cleanſing quality. The Italians call this Herb Aralda, *and uſe this proverb concerning it,* Aralda, tutte piaghe ſalda, *Aralda ſalveth all Sores: they uſe it to heal green Wounds, cutting the leaves and applying them; they uſe alſo the juyce to cleanſe and dry up old Sores: it is found helpful for the Kings Evil, the flowers ſtamped with freſh Butter and applyed, or the juyce in an Oyntment; the bruiſed leaves are alſo good being applyed, but not ſo powerful; being boiled in water or wine, it conſumes thick phlegm, and viſcous humours in the Cheſt and Stomach. A ſyrrup may be made thereof with Sugar*

gar or honey for the ſame purpoſe, and to cleanſe the body of clammy humours, and open the Liver and Spleen; by later experience it hath been found to cure many of the falling Sickneſs, taking the decoction of two handfuls thereof with four ounces of Pollipody of the Oak bruiſed. Mr. Culpepper *magnifies an Oyntment thereof for a Scabby Head.*

Fumitory. Fumaria.

Deſcription. IT is a tender ſappy Plant, ſending forth from one ſquare ſlender ſtalk (leaning downwards) many branches two or three foot long, with fine jagged leaves of a pale blueiſh or Sea-green colour; the flowers ſtand like a long ſpike one above another on the tops of the branches, of a reddiſh purple colour, with whitiſh bellies commonly; yet in *Cornwal* it bears perfect white flowers: it bears a ſmall black ſeed contained in ſmall round husks; the root is yellow and ſmall, full of juyce while it is green, but quickly periſhes with the ripe ſeed.

Names.] The Greeks call it Κάπνος, and Κάπνιον, the Latines, *Fumus terræ* and *Fumaria*, in Engliſh Fumitory.

Places and Time.] It grows in Corn Fields almoſt every where, as well as in Gardens: It flowers for the moſt part in *May*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *It is a bitter herb, which ſheweth it to be hot, and is hot in the firſt degree, and dry in the ſecond; it gently purges melancholly and ſalt humours, opens and cleanſes the Entrails, and ſtrengthens thoſe parts; it purges chollerick humours by Urine, and helps ſoul diſeaſes of the skin, as the Itch, &c. ariſing from aduſt humours, and the French Pox; it prevails in chollerick Fevers, the Jaundies and Quartain Agues, and chronical diſeaſes ariſing from ſtoppings of the viſcerous parts: three or four ounces of the diſtilled water drunk morning and evening, cures the yellow Jaundies, and is*

good

good againſt the Itch and Leproſie: A dram or two of London Treacle, and a ſcruple of Bole-Armonick taken in two ounces of the water, is good in the Peſtilence; it provokes the Terms, and diſſolves congealed blood: The decoction helps the Gout, the feet being bathed therewith. The diſtilled Water with ſome honey of Roſes, helps Sores and Ulcers of the Mouth; the juyce dropped into the Eyes clears the ſight, and the juyce having a little Gum-Arabick diſſolved therein, and applyed to the Eye-lids where the hair hath been pulled off, will keep it from growing again: the juyce mixed with the juyce of Docks, Oximel, and Vinegar, cures the Morphew; and a bath made of the ſame with Barley, Bran, Mallows, Violets, Nep, and Dock Roots, cures Scabs, Itch, and Leproſie, Wheals, and Pimples in the Face or elſewhere.

Furſbuſh, or Furres.

THeſe are ſo well known, they need no deſcription.

Names.] In *Norfolk* they are called *Whinns*, in ſome Countreys *Goſs*, and in *Hampſhire Furres.*

Place and Time.] They plentifully grow in dry barren Heaths, and ſandy Grounds, and flower in the middle of Summer, and are ſeldom without flowers at any time of the year.

Nature and Vertues.] *They are under the dominion of* Mars, *hot and dry, the flowers are effectual to open obſtructions of the Liver and Spleen, and the decoction thereof is good againſt the yellow Jaundies, provokes Urine, and cleanſes the Kidneys and Bladder from the Gravel and Stone.*

Galanga.

THis plant grows in the *Eaſt Indies*, and *China*, from whence it is brought to us.

Nature and Vertues.] *It is hot and dry almoſt in the third degree, it is profitable in all cold Diſeaſes of the Stomach;*

it

it helps concoction, expells winde from it, being boiled in Wine and taken morning and evening; it helps a moiſt brain and the Vertigo, trembling of the Heart, and knawings of the Stomach; it cleanſes the paſſages of the Urine, provokes Venery, helps conception, and remedies cold and windy diſtempers of the Womb, being drunk with the water or juyce of Plantain; it ſtops the bloody Flux, and ſtrengthens nature, helps the trembling of the Heart, and comforts the brain: half a dram of the powder thereof is the doſe at one time, to be taken in the morning, or an hour before meat.

Garlick. Allium.

IF you ſmell ones breath that hath eaten it, you may know it by the ſcent.

Names.] *Allium* the Latines call it, and *Gallen Theriaca Ruſticorum*, Countreymans Treacle; in Engliſh Garlick.

It is planted in ſmall cloves in Gardens, which grow to great heads by the latter end of Summer.

Nature and Vertues.] *It is hot and dry in the fourth degree, a Martial Plant, it heats the body being eaten, digeſting and conſuming tough and clammy humours, opens obſtructions, remedies cold poiſons, and the bitings of venomous Beaſts; it helps old Coughs, provokes Urine, kills Worms, breaks Winde, helps the Chollick and Dropſie, proceeding of cold; it ſtirs up natural heat, and helps a cold and moiſt Stomach; it is good againſt the biting of mad Dogs, for ſhortneſs of breath, the cold Head-ache, Conſumption of the Lungs, and piſſing of Blood; being tempered with Honey, and the parts anointed with it, cures ſcabbed Heads, Scurff, Morphew and Tetters: the Aſhes ſtrewed in Ulcers heals them, being applyed with Figs and Commyn, it cures the biting of a Shrew-Mouſe.*

Vices.] *Many are the Vertues of Garlick, yet accompanied with ſome Vices; it is hurtful for young men and chollerick perſons, for women with Childe, and ſuch as give ſuck:*

and

and being eaten raw too liberally, it dims the ſight, offends the Stomach, and burns the Blood; it is good for old, cold, and phlegmatick perſons: the beſt way of preparing it is to boil it well, either in milk, or otherwiſe, and eat it with Oyl, or Vinegar.

Gentian, or Felwort, Gentiana.

Deſcription. MAſter *Coles* reckons ſix ſorts hereof to grow within Great *Brittain*, Maſter *Culpepper* but two, which I ſhall onely deſcribe.

The firſt hollow leaved Felwort, or Engliſh Gentian hath ſmall long roots, deep in the ground, and abiding all Winter, having ſtalks of a browniſh green colour, with long narrow dark green leaves ſet by couples up to the top: the flowers are long and hollow, of a purple colour, with five corners.

The other ſmaller ſort hath many ſtalks not a foot high, with ſeveral branches; the leaves very like thoſe of the leſſer Centaury, of a whitiſh green colour; the flowers are blue, growing on the tops of the ſtalks: the root is ſmall and fibrous.

Names.] *Gentiana* in Latine, and *Gentianella* the leſſer ſort; in Engliſh, Gentian, Felwort, Bitterwort, and Baldmony.

Place and Time.] The firſt grows in divers places of Kent, as about *Southfleet*, and *Long Field* near *Graveſend*; ſo likewiſe doth the other, and upon *Barton Hills* in *Bedfordſhire*, and not far from St. *Albans*, upon a piece of waſte chalky ground as you go out of *Dunſtable* way towards *Gorhambury*: They flower in *Auguſt*, and the ſeed is ripe in *September*,

Nature and Vertues.] *The root which is chiefly in uſe, is hot and dry in the third degree, a Martial plant; it ſtrengthens the Heart and Stomach, reſiſts poiſon, putrefaction, and the*

Pe-

Peſtilence, and helps digeſtion; the powder of the dry roots helps bitings of mad Dogs and Venomous Beaſts, opens the Liver, and procures an Appetite: Wine wherein the herb hath been ſteeped being drunk, refreſhes ſuch as are overwearied by Travel, or are lame in their Joynts by cold or bad Lodgings; it is good for bruiſes, and to help ſtitches and pains in the ſides: the decoction is good againſt Cramps and Convulſions, provokes Urine, and the Terms; ſo that it is not to be given to women with Childe: it diſſolves congealed Blood, is good in the Dropſie, ſtrangling of the Mother, drives down the dead Childe, and After-birth, helps falling Sickneſs, Worms, Cough, and ſhortneſs of Breath; it expells Winde, and is profitable in all cold Diſeaſes, the juyce or powder of the root heals green Wounds, and cleanſes and heals up fretting rotten Ulcers, Fiſtula's and Cancers. The root is uſed by Chyrurgions to enlarge the orifice of a Sore. The herb applyed helps ſwellings of the Kings Evil, and the juyce clears the ſight, being dropped into the Eyes: it helps the bots in Cattle, and the ſwelling of a Cows Udder, being bitten by a Venomous Creature, the place being ſtroaked, and fomented with the decoction of this Herb.

Germander. Triſſago.

Deſcription. COmmon Germander ſhooteth forth many branches leaning towards the Ground; whereupon grow ſmall leaves ſnipt about the edges like the teeth of a Saw: the flowers are purple, ſmall, and ſtand cloſe to the leaves on the tops of the branches, the root is ſlender and ſtringy, which ſpreading round about, cauſes it to be very plentiful where it is once ſet.

Names.] *Chamadrys* is the Greek name, and Latine name uſed in Shops, yet its called by ſome *Triſſago*, and *Quercula minor*, becauſe the leaves reſemble an Oak leaf; in Engliſh it is called Germander, and Engliſh Treacle.

Place, and Time.] It is planted in Gardens uſually with

us, yet groweth alſo wilde: It flowers about *June* and *July*.

Nature and Vertues.] *Germander is hot and dry almoſt in the third degree, of ſubtil parts, and hath a cutting quality; it is a Mercurial Herb: the leaves of Germander, and the ſeeds of Nigella quilted in a Cap, helps Catharrs and diſtillations of cold Rheumes, being worn on the heads of them that are troubled therewith. The Herb uſed with Honey cleanſeth foul Ulcers; the juyce mixed with Honey, helps dimneſs and moiſtneſs of the Eyes; the Herb being bruiſed and applyed, is good againſt venome and venomous bitings. The decoction of the green Herb helps diſtempers of the Spleen, pains of the ſide, provokes Urine, the Courſes, and uſed with Honey, it is good for Coughs; it quickens the ſpirits, helps diſeaſes of the Brain, falling Sickneſs, Lethargy, Palſie, and Gout: a dram of the ſeed in powder is good for the yellow Jaundies, purging it by Urine, and kills Worms.*

Stinking Gladwin. Vide *Orris, it is a kinde of Flower De luce, which ſee in* Orris.

Ginger. Zinziber.

THis Indian Root is hot and dry in the third degree, the Latine name is *Zinziber*; it is good for a cold *Stomach, it warmeth it, and expells Winde there and in the Bowels, and helpeth Digeſtion; it likewiſe corrects the rawneſs of the Stomach, and clears the Breaſt; Green Ginger provokes luſt, dryes up moiſture of the Stomach, phlegm of the Lungs, opens obſtructions, and is good in all cold griefs of the Stomach.*

Golden Rod. Auria virga.

Deſcription. GOlden Rod groweth up with browniſh ſmall ſtalks, about half a yard high, with dark green narrow leaves, ſometimes (but very ſeldom ſo found)

found) dented about the edges, and as ſeldom with ſtrakes or white ſpots therein, divided at the tops into many ſmall branches, with divers ſmall yellow flowers on every one of them, which are turned one way, and being ripe become doun, and are blown away with the winde: The root conſiſts of divers ſmall fibres, not running deep in the ground, yet abiding all Winter, ſending forth new branches every year, the old ones dying.

Names.] *Auria virga* it is called in Latine; in Engliſh Golden Rod.

Place and Time.] It grows both in moiſt and dry grounds in many places of this Land, in Woods and Copſes, in *Hamſted* Wood, and *Kentiſh-Town*, near *Graveſend* in *Swanſcomb Wood*, and *Southfleet*: It flowers about *July*.

Nature and Vertues.] *Golden Rod is hot and dry in the ſecond degree, with a cleanſing aſtringent quality, a reputed Herb of* Venus; *it is uſeful in lotions for ſores in the Mouth and Throat, and is a good Wound Herb for inward or outward Wounds, Bleeding, or Bruiſes, and for Ruptures, to be uſed inwardly, and outwardly; it ſtayes Fluxes and Courſes, it dryes up moiſt humours in old Sores and Ulcers, which hinder their healing. The decoction helps to faſten looſe Teeth, and it is commended and approved to be good againſt the Gravel and Stone in the Reins and Kidneys, and to provoke Urine.*

Gooſeberry Buſh. Groſſularia.

I Think it needs no deſcription, it is called in Latine *Uva Criſpa*, and *Groſſularia*; in ſome places, Feaberry, Dewbery, and Wineberry Buſh, but moſt commonly Gooſeberry Buſh in Engliſh.

Nature and Vertues.] *The Berries before they be ripe are cold and dry, and ſomething binding; they are under the dominion of* Venus, *they cool the vehement heat of the Stomach and Liver, and provoke appetite, being ſcalded and eaten with*

Roſe Water and Sugar, or made in Tarts, or ſtewed with Mutton; they alſo make good ſauce for Green Geeſe, and many other Diſhes both Fleſh and Fiſh; they are good to boil in broth, for ſuch as have hot Agues; they ſtay the longings of Women with Childe: being ripe they are pleaſant to the Stomach. The decoction of the leaves cool Inflammations, and St. Anthonies fire. *The tender leaves are good to break the Stone, and expell Gravel; but too much of the fruit breeds Crudities and Worms, eſpecially before it is ripe.*

Gromel. Milium ſolis.

Deſcription. THere be accounted nine ſorts of this Herb, whereof I ſhall mention three; 1. Great upright Gromel. 2. The greater creeping Gromel. 3. Small wilde Gromel.

The great upright Gromel riſes up with divers upright, ſlender, hairy, wooddy, brown cruſted ſtalks very little branched, with long, hard, rough, ſharp pointed narrow green leaves; the flowers ſtand at the tops of the ſtalks, are ſmall and white: the ſeed is white, round, and ſhining, the root is hard and wooddy, with many fibres; it abides all the year, but the ſtalks dye.

Names,] It is called *Milium ſolis*, and *Granum ſolis* in Shops, and alſo *Litho-ſpermum*; in Engliſh Gromel, and Pearle Plant.

Place and Time.] The firſt groweth in Gardens, the ſecond and third grow wilde in many places of this Land, on barren grounds: they flower from Midſummer till *September*, the ſeed ripening in the mean time.

Nature and Vertues.] *Gromel-ſeeds are hot and dry in the ſecend degree, under* Venus, *ſaith* Culpepper; *they are ſingular good to break the Stone, to open and cleanſe the Reins, Kidneys and Bladder, to drive forth the Gravel, provoke Urine, and do expell Winde exceedingly: two drams of the ſeed*

ſeed in powder, given in Breaſt milk to a woman in Travel, procures ſpeedy delivery: The Herb it ſelf boiled in Wine and drunk, worketh all the ſame effects, but weaker then the ſeeds.

☞ See further in *The Expert Doctors Diſpenſatory*: by *P. Morellus.*

Winter Green. Pyrola.

Deſcription. THis ſendeth up round pointed leaves, every one ſtanding on a long foot ſtalk, of a ſad green colour, almoſt like Pear-Tree leaves, and ſo are the flowers; the ſtalk is weak and ſlender, yet ſtanding upright, bearing many ſmall white flowers, ſmelling ſweet, conſiſting of five round pointed leaves, with many yellowiſh threads in the middle, about a green head, which groweth to be the ſeed veſſel, and is five ſquare when it is ripe, with a ſmall point; in it is the ſeed as ſmall as duſt: it hath a browniſh creeping root.

Names.] It is called in Latine *Pyrola*; in Engliſh Winter green.

Place and Time.] It groweth in the Northern parts of *England*: they flower about *July*, or later.

Nature and Vertues.] *Winter green is cold in the ſecond degree, and dry in the third, having a Glutinous and very binding quality, a Saturnine Herb; it is a very good Wound Herb, to cloſe and conſolidate green Wounds, the green Herb or juyce applyed, or a Salve made thereof with Hogs Lard, or with Sallet Oyl, Wax, and Turpentine: The decoction is good for inward hurts, uſed by it ſelf, or with other Herbs, as Comfrey, &c. and for Ulcers in the Kidneys or Bladder; it ſtayes Fluxes and overflowing of the Courſes: it is good for foul Ulcers and Fiſtula's. The diſtilled water performs the ſame. The herb may alſo be kept dry to uſe in Decoctions, and made into powder to be taken in drink.*

Ground-pine. Chamæpitis.

Deſcription. GRound-pine ſeldom groweth above the height of a hand breadth from the ground, it hath many ſmall branches, which are ſet with ſlender long, narrow, gray, whitiſh leaves, hairy, and ſometimes divided into three parts, many of them growing together at a joynt, and having a ſcent like Rozen or pitch; it yields a pale yellow ſmall flower, growing amongſt the leaves at the joynts of the ſtalks; after which follow ſmall long and round husks: the root is woody, but ſmall, and dyeth every year.

Names.] In ſhops it is uſually called *Chamæpitys*, which name both Greeks and Latines uſe; it is called alſo in Latine *Abiga*, and by ſome *Thus terræ*, and *Iva Arthritica*; in Engliſh Herb Ivy, Forget me not, Ground-pine, and Field Cypreſs.

Place and Time.] It groweth plentifully in *Kent*, about *Graveſend*, *Cobham*, *Southfleet*, *Dartford*, and other places; flowers in *June* and *July*, and yields its ſeed about *Auguſt*.

Nature and Vertues.] *It is hot in the ſecond degree, and dry in the third: the decoction of Ground pine being drunk, procures Womens Courſes, helps diſeaſes of the Mother, expells a dead Childe and After-Birth, and is very powerful in cauſing abortion: wherefore let not Women with Childe meddle with it. The ſame prevails againſt the Stranguary, and inward pains of the Reins, it opens the Liver and Spleen, cleanſeth groſs Blood. The decoction of the Herb in Wine, taken inwardly, or outwardly applyed, helps diſeaſes of the Joynts, as the Gout, Sciatica, Cramps, Palſie, and Aches, for which purpoſe there is alſo a Pill made with the powder of Ground pine, Hermodactil., and Venus Turpentine which Pills are alſo good for the Dropſie and Jaundies, pains in the Belly and Joynts,*

Joynts, and helps cold diſeaſes of the Brain, and is good for the Falling Sickneſs: its a good remedy againſt poiſonous Herbs, as Aconites, *and the ſtinging of Venomous Beaſts. The green herb, or the decoction applyed, diſſolves Tumours in any part of the Body, and the hardneſs of Womens Breaſts; and the juyce or herb applyed with Honey, cleanſeth Ulcers, and ſoders up the lips of green Wounds. The herb tunned up in drink, the Conſerve of the Flowers, and the diſtilled Water have the ſame effects for the forementioned diſeaſes, but more weakly.*

☞ See further in *The Art of Simpling*: written by *W. Coles*

Groundſel. Senecio.

Deſcription. GRoundſel riſeth up with a round, green, and ſomewhat browniſh ſtalk, ſpread toward the top into branches, ſet with long narrow green leaves, cut in the edges, ſomewhat reſembling an oaken leaf, but leſſer and round at the ends; at the tops of the ſtalks and branches grow many green knaps or heads, out of which grow ſmall thrums of yellow flowers, which continue brown a few dayes, and after paſs into doun, which with the ſeed is blown about with the winde: the root is ſmall and threddy, quickly periſhing, and the herb as ſoon ſpringing again from the ſeed that it ſheds; ſo that it is green and in flower many moneths in the year, ſpringing and ſeeding twice a year at leaſt in a Garden.

Names.] The Greeks call it γηρύεσον, and the Latines *Senecio*, becauſe it ſoon becomes hoary; it is called in Engliſh Groundſel, and Grunſel.

Place and Time.] It grows frequently in Gardens, and will not eaſily be wedded out, it grows alſo on tops of old Walls, and at the bottom amongſt any rubbiſh, in untilled

grounds, and by ditches ſides about *London* plentifully, and is to be found almoſt all the year.

Nature and Vertues.] *Groundſel is cold and moiſt, and digeſteth, and is by* Culpepper *accounted to be the chiefeſt flower in* Venus *Noſegay; the decoction thereof in Wine purgeth Choller by vomit, and ſo eaſeth pains of the Stomach: the juyce thereof in drink, or the decoction thereof with a few Currans in water, doth the like; it provokes Urine alſo, and cleanſeth Gravel; it is good alſo againſt the Jaundies and Falling Sickneſs, taken in wine, or a dram thereof in Oxymel, it alſo provokes the Terms: and a pultis made of the herb eaſeth hot Inflammations and Swellings of the Breaſts, privy parts, Arteries, Joynts or Sinews of man or woman, and helps to diſſolve Knots or Kernels in any part of the body of man or woman: the diſtilled water of the herb helps Inflammations and watring of the Eyes, and ſo doth the clarified juyce.*

Guaiacum.

Deſcription. THis Tree grows in the *Weſt Indies*, and the Wood and Bark is plentifully brought here into *England*; ſo that I ſhall forbear any further deſcription thereof.

Names.] The Latines call it *Guaiacum*, *Lignum Indicum*, *Lignum ſanctum*, and *Lignum vitæ*; in Engliſh it is called Pockwood, becauſe of its excellent faculty for that purpoſe.

Nature and Vertues.] *It is hot and dry in the ſecond degree, and of a cleanſing quality; whereby it is an excellent remedy for the Pox, reſiſting putrefaction, cleanſing the blood, provoking ſweat, and ſtrengthning the Liver, and is properly taken in a decoction thus made.*

℞. *of Guiacum, lib.* 1. *of the Bark thereof two ounces; infuſe them four and twenty hours in fourteen pints of Spring Water, then boil them till half be conſumed, adding thereto*

Liquo-

Liquorice two ounces, Anniſeeds one ounce; this is alſo good againſt the Dropſie, Falling Sickneſs, ſhortneſs of Breath, Catharrs, Rheumes, cold phlegmatick humours, Gout, Sciatica, and joynt aches, and is good againſt Scabs, Itch, and Leproſie, and it makes the teeth white and faſtens them if they be often waſhed with the decoction thereof. The bark may be given in powder from half a dram to a dram, for the forementioned diſeaſes.

Stinking Gladwin. Spatula Fætida.

Deſcription. IT hath long narrow leaves like Iris (whereof it is a kinde) but ſmaller, and being rubbed, of a loathſome ſmell, having many ſtalks which are round towards the top, out of which come the flowers, much like the Flower de Luce, of an over-worn blue, or rather purple colour, with ſome yellow and red ſtreaks in the midſt, after which come great husks or cods in which is contained a red berry or ſeed as big as a Peaſe; the root is long and threddy underneath, reddiſh without and white within, and of a hot taſte and evil ſmell.

Names.] It is called in Greek ξύρις by *Dioſcorides*, and ἶρις ἀγρία, by *Theophraſtus*; it is alſo called *Spatula fætida*, and *Xyris*: in Engliſh ſtinking Gladwin and Spurgewort.

Place and Time.] It is planted in Gardens, and groweth wilde in many moiſt and ſhadowy places and Woods near the Sea, and likewiſe in upland grounds; it flowers in *July* and *Auguſt*, the ſeed is ripe in *September*.

Nature and Vertues.] *Gladwin is hot and dry in the third degree, having a heating and extenuating quality; the roots pounded and ſnuffed up into the Noſe, provoke ſneezing, whereby they purge the head: the root is alſo effectual againſt the Cough, being uſed in an Electuary or Lohoch for that purpoſe; it digeſts groſs humours, purges Choller and Phlegm, procures ſleep, and helps gripings in the Belly, Cramps, and Convulſions:*

ons, the powder thereof being drunk in Wine; alſo it eaſeth the Gout, Sciatica, and the Strangury: a dram of the ſeed beaten to powder and drunk in Wine, provokes Urine. A Peſſary thereof haſtens the Birth, procures the Terms, but cauſeth Abortion: the roots uſed in a Plaiſter is good in Wounds, eſpecially of the Head, and to cauſe the fleſh to grow where the bones be bare, and is good to aſſwage ſwellings of the Kings Evil, and Buboes in the Groin; it ſtayeth the Flux, as Rhabarb and Aſarum do, by concocting and taking away the cauſe of the Lask, though it firſt moveth to the ſtool; for the decoction of the root, or leaves, or the infuſion thereof in Ale, purgeth Phlegm and Choller: the root alſo hath great force to draw out Thorns, Stubs, Prickles, Splinters, or any other thing ſticking in the fleſh, by reaſon of his attracting drying, and digeſting faculty: it is alſo good againſt evil affections of the Breaſt and Lungs, being taken in ſweet Wine with ſome Spikenard, or in Whey, with a little Maſtick; the juyce of the leaves and roots healeth the Itch, Scabs, and Blemiſhes in the Skin, and being ſnuffed up into the Noſe, provokes ſneezing, purging forth at the Noſe filthy excrements, keeping them from falling into other parts of the body to future prejudice of health.

Goutwort, or Herb Gerrard. Herba Gerrardi.

Deſcription. THis is the ſecond kinde of Maſterwort, and is called wilde Maſterwort, being very like unto it in leaves, flowers, and roots, ſaving onely that they be ſmaller, growing on long ſtems: the roots are not ſo thick and tuberous as Maſterwort, and more tender and whiter. The whole plant is of a good ſavour, but not ſo hot and ſtrong as Maſterwort.

Names.] In Latine it is called *Podagraria Germanica,* from

from its faculty in eaſing the Gout, and *Herba Gerardi*; in Engliſh Goutwort, Aſhweed, and wilde Maſterwort.

Place and Time.] It groweth of it ſelf in Gardens without any ſowing, where having once taken root, it will ſo increaſe, as hardly to be gotten out again, deſtroying other herbs; it grows likewiſe by Hedges ſides, and in the borders and corners of Fields; it flowers from *June* till *Auguſt*.

Nature and Vertues.] *Goutwort is hot and dry almoſt in the third degree, being near the nature of Maſterwort: the roots ſtamped and laid upon any part troubled with the Gout, aſſwageth the pain, and takes away the ſwelling and inflammation thereof. The Fundament being bathed with the decoction of the leaves and roots, and the boiled leaves applyed very hot thereunto cureth the Hemorrhoides.*

Glaſswort or Saltwort. Kali Geniculatum, Sive Salicornia.

Deſcription. IT hath many thick round ſtalks a foot high, full of fat thick ſprigs, with many joynts or knots, without any leaves, of a reddiſh green colour: the whole plant is like a branch of Corral; the root is very ſmall and ſingle.

There is another kinde mentioned by *Lobel*, called by him *Kali minus*, having many ſlender weak branches ſpread upon the ground, ſet with many round long ſharp pointed leaves, of a whitiſh green colour: the ſeed is ſmall and ſhining, ſomewhat like ſorrel ſeed, the root ſlender, with many fibres: the whole plant is of a ſaltiſh taſte. *Dodoneus* calls this *Kali album*.

Names.] The Arabians call it *Kali*, and *Alkali*; the aſhes hereof are by *Mathiolus* called *Sylvaticus ſoda*, moſt uſually *Sal Alkali*, and *Alumen Calinum*; but *Alumen Calinum*

num is the moſt proper name of the Aſhes it ſelf, and *Sal Alkali*, the ſalt which is made of the Aſhes: the herb is alſo called *Kali articulatum*, or Joynted Glaſswort, and Salt-wort, Crab-graſs, and Frog-graſs in Engliſh.

Place and Time.] Glaſs-wort is found in moſt ſalt Marſhes about the Sea coaſt; great ſtore of it grows about the Sea Coaſt near *Dover*: they flouriſh in the Summer moneths.

Nature and Vertues.] *Glaſs-wort is hot and dry, the Aſhes hotter and dryer to the fourth degree, having a cauſtick or burning quality: The powder of Stones, and the Aſhes thereof mixed together, and melted, is the matter whereof Glaſs is made, which when it is glowing hot in the Furnace, caſts up a fat matter on the top of it, which when it is cold, is hard and brittle, and is called* Axungia vitri; *in Engliſh Sandiver, and in Italian* Fior de Chriſtallo, *that is, Flower of Chriſtall: A ſmall quantity of the herb taken inwardly, mightily provokes Urine, drives forth the dead Childe, draweth forth by ſeige watry humours, and purgeth away the Dropſie, but it muſt be uſed with diſcretion, for a great quantity thereof is dangerous, hurtful, and deadly. The ſmoke of the Herb being burnt, drives away Serpents and venomous worms. The Aſhes may be mixed with medicines to take away Scabs, Leproſie, and to cleanſe the skin; and likewiſe it conſumes proud and ſuperfluous fleſh in poiſonous and filthy Ulcers, as ſay* Avicen, *and* Serapio.

Sandiver doth dry and takes away Scabs and Mangineſs, the foul parts being waſhed and bathed with the water wherein it hath been boiled.

☞ See more of this in *The Expert Doctors Diſpenſatory*: by *P. Morellus.*

☞ See further in *Adam in Eden*: written by *Will. Coles.*

Goats

Goats Thorn, or Gum Dragon.
Tragacantha.

Deſcription. IT is a buſhy plant, having thorns which repreſent a Goats beard, having a great root; which being wounded with ſome inſtrument, yieldeth a liquor, which by the heat of the Sun is ſoon condenſed into a ſhining white Gum, ſhrivelling its ſelf into little crooked pieces, ſweet in taſte.

Names, Place and Time.] It is called in Greek τραγάκανθα, and is known in Latine by the name of *Tragacantha, Gummi Tragacanthæ*; and Gum Trajant in Engliſh, and is brought to us from *Candy* and *Syria*, where it yields his Gum in Autumne.

Nature and Vertues.] *Gum Dragant is ſomewhat dry, having a quality to dull and allay the ſharpneſs of humours: a dram of it diſſolved in ſweet wine, and a little burnt Harts-horn waſhed, and a little Allome mixed with it and drunk, is good againſt the ſharpneſs of the Urine, and helps pains of the Guts and Bowels; being diſſolved and mixed with other pectorals, it helps the Cough and hoarſeneſs of the Throat, ſalt, and ſharp diſtillations upon the Lungs, being taken as an Electuary, or put under the tongue, letting it diſtill gently down, and ſo it taketh away the roughneſs of the Tongue: The ſaid Gum being torrefied, or dryed at the fire, and mixed with the juyce or wine of Quinces, and uſed in a Gliſter, is good againſt the bloody Flux; being boiled in wine with Stoechas and drunk, it warmeth and cleanſeth the Breaſt, Stomach, and Bowels, being afflicted with any cold, helps the Chollick and ſtopping of the Spleen and Urine: it is alſo uſed in Medicines for the Eyes, to allay the heat and ſharpneſs of hot Rheumes; and being diſſolved in milk and uſed, it takes away white ſpots growing in the Eyes, the itching of them, and*

wheals

Wheals, and Scabs that grow upon the Eye-lids; it cleanſeth the face, and maketh it white, if it be ſteeped a night in Roſe-water, and in the morning a little Borace or Camphire be put thereto, and the face waſhed therewith; being diſſolved in Roſe-water and ſtrained, and ſome white ſtarch mixed with it, it is effectual to help ſores and Chaps of the Mouth, Lips, and Hands, the place being anointed therewith: the Muſcilage mixed with Honey, doth the ſame, and is good for the Leproſie. The powder of it taken in broth is available for thoſe that have broken a Vein, or have the Cramp.

There is another kinde hereof called in Greek ποτήριον, *Poterion*, becauſe it delights in watry places, which grows in *Candy*, and about *Marſelles* and *Montpelier* in *France*; *the root whereof being boiled in Wine and drunk, is profitable againſt the poiſon of the Red Toad, and being made into a pultis, and applied to any Nerve or Sinew that is cut, wounded, or hurt, doth heal them, and ſoder them together, and all other kindes of wounds and cuts. The ſaid decoction of the roots in Wine, is effectual to be drunk for the ſaid purpoſes, and for inward Wounds or Veins that are broken.*

There is another Gum brought into *England*, and to be had at our Druggiſts called Gum Arabick, which is effectual for many of the aforeſaid purpoſes; but eſpecially for helping thoſe frettings of the Reins and Bladder which cauſe bloody Urine, being uſed in the ſame manner as Gum Tragant.

Harts-eaſe, or wilde Panſies. Herba Trinitatis.

Deſcription and Names. THis is a kinde of Violets growing as well in Gardens as Fields, and is generally known by the name of Hartſeaſe; and in Latine it is called *Viola Tricolor, Herba Trinitatis*; in Engliſh Herb Trini-

Trinity, and by ſome, Love in idleneſs, Call me to you, and Three Faces under a hood.

Place and Time.] They grow as I ſaid before as well in Fields as Gardens; they flower all the Spring and Summer.

Nature and Vertues.] *They are cold and moiſt, and much of the nature of Violets, though not ſo effectal; it is reputed to be Saturnine, and an excellent anti-Venerial Medicine for the French Pox: a decoction uſed of the herbs and flowers, or a ſyrrup made therewith; the ſpirit of it is good for the Falling Sickneſs, Convulſions, Pluriſie, and Inflammations of the Lungs and Breaſt.*

Harts Tongue. Scolopendria.

Deſcription. HArt Tongue riſeth up with divers leaves ſpringing ſeverally from the root, at firſt crumpled like Ferne, but at their full growth almoſt a foot long, ſmooth and green above, but ſtraked underneath, overthwart with ſmall and ſomewhat long browniſh marks; the bottom of the leaves are a little bowed on each ſide of the middle rib, ſomewhat narrow and ſmall at the end: the root conſiſts of many black threds interlaced together.

Names.] It is known in Shops by the Latine name of *Scolopendria*, and *Scolopendrium*, and is called alſo *Lingua Cervina*; in Engliſh Harts tongue.

Place and Time.] It delights to grow in ſhadowy moiſt places, in the inſides of Wells, and by *Walberton* towards the Sea-ſide, near *Arundel* in *Suſſex*, it grows ſo plentifully by the High-way ſides on the banks of the Ditches, you may gather loads of it: it bears no flower, but is green all the year, and bringeth forth new leaves in the Spring and Summer.

Nature and Vertues.] *Authours diſagree whether it be*

hot

hot or cold, but I judge it to be moderately hot, of the nature of Jupiter; *it hath a binding drying faculty, it is an excellent herb for all diſeaſes of the Milt, by reducing it to its right temper; whether it be too much opened, or ſwollen hard, or ſtopped. The decoction thereof taken in Wine, and the herb boiled and laid to the grieved place; it likewiſe mollifies, opens, and ſtrengthens the Liver and Stomach, and ſtops the Terms, ſpitting of blood, and other Fluxes. A decoction made of Harts Tongue, Knotgraſs, and Comfrey roots, a draught thereof being drunk every morning, and the boiled herbs applyed to the grieved place, is a good remedy againſt Burſtneſs; it is alſo profitable in the Jaundies, Kings Evil, and bitings of venomous Beaſts. The herb, or juyce applyed, cleanſeth Wounds and Ulcers, and the diſtilled water is commended againſt the paſſion of the Heart, Hiccop, and bleeding of the Gums.*

☞ See more of this in the Art of Simpling: written by *W. Coles.*

Hazel Nut Tree. Nux tenuis.

IT is ſo well known it needs no Deſcription.

Names.] *Nux tenuis*, or *Parva*, ſome call it, to diſtinguiſh it from Walnuts, others *Corylus*, and *Nux Avellana.* Thoſe in Gardens are called in Engliſh Filberds, and the wilde kinde, Hazel and Small Nuts.

Place and Time.] They are commoners in moſt Woods and Hedges; the fruit of ſome of them is ripe in *Auguſt*, and of others not till the beginning of *October.*

Nature and Vertues.] *Hazel Nuts freſh gathered, are hot and moiſt, but afterwards they grow dry; they are under the Planet* Mercury: *the skin that covers the kernells is very aſtringent, ſo are the Katkins; a dram thereof in wine ſtayes Womens Courſes: The parched kernels made into an Electuary, helps an old Cough. Oyl may be preſſed from the kernells*

nells in the ſame manner, as is made oyl of ſweet Almonds; which is very effectual for Coughs, Hoarſeneſs, and ſhortneſs of Breath; ſo that Nut Kernels do not altogether deſerve the blame which is uſually laid upon them, for cauſing ſhortneſs of Breath.

Hawkweed. Hieracium.

Deſcription. HAwkweed hath many leaves lying on the ground, cut on the ſides much like Dandelion, amongſt which ſhooteth up a rough hollow ſtalk, not above two foot high at moſt, branched from the middle upwards, with leſſer leaves, and not ſo much dented as the other, growing at every joynt; at the top grow pale yellow flowers, having many ſmall narrow leaves, broad pointed, and nicked at the ends, ſet in a double row, or more, which turn into doun, and with the ſmall browniſh ſeeds is carried away with the winde: the root is long, white, and full of ſmall fibres, the whole plant full of bitter milk.

Names.] In Latine its called *Hieracium*, and *Accipitrina*, by ſome *Lampuca*, *Porcellia*, and *Hypocharis* and *Hyoſeris*; in Engliſh onely Hawkweed.

Place and Time.] It grows in untilled places, by the borders of Fields and Ditches ſides, in Meadows, Woods, and Mountains: they flower for the moſt part all Summer.

Nature and Vertues.] *Hawkweeds are all cold and dry, and withal aſtringent, ſuppoſed to be a Saturnine Plant, appropriated to the Eyes; for which purpoſe it is ſaid Hawks eat it to clear their ſight, and thence it takes its name: the juyce of it mixed with Womans milk dropped into the Eyes, is very good for all defects thereof, and ſo is the diſtilled water uſed in like manner; it is alſo good againſt fretting and creeping.*

ing Ulcers, and againſt Puſhes, Inflammations, St. Anthonies *fire, and erruptions of heat. A pultis made of it with meal applyed to any place affected with the Cramp or Convulſions, giveth it eaſe. The juyce taken in Wine, helps digeſtion, diſcuſſeth Winde, and crudities in the Stomach, provokes Urine, helps venomous bitings, the herb alſo outwardly applyed. A ſcruple of the concreted juyce taken in Wine, and Vinegar, is profitable againſt the Dropſie. The decoction of the Herb with Honey, digeſteth Phlegm; being boiled in Wine with wild Succory, and taken, it helps the Winde Chollick, mollifies the Spleen, procures Sleep, abates Venery, and Nocturnal pollutions, cooleth heat, purgeth the Stomach, increaſeth Blood; and helps diſeaſes of the Reins and Bladder. The diſtilled water cleanſeth the skin from Freckles, Spots, and Morphew.*

Haw-thorne. Spina.

THis Shrub is well known in every hedge; there is reputed three kindes, our common Haw-thorn; another lower Shrub which grow in *Germany*, and bears yellow fruit, and a third which flowers twice a year, of which kinde is that of *Glaſſenbury*, and that in *Whey-ſtreet* in *Rumney Marſh*, and near *Nantwich* in *Cheſhire*.

Names and Time.] *Spina* is the Latine name; in Engliſh Haw-thorn, White-thorn, and of ſome May, and May Buſh, becauſe its in flower about *May* day, and the fruit is ripe in *October*, when the froſt hath bitten them.

Nature and Vertues.] *It is of an aſtringent drying quality, both leaves, flowers, and fruit.* Culpepper aſcribes it to *Mars*, becauſe he would not have him want Weapons; he may make uſe of the prickles, and let *Saturn* take the fruit. *The powder of the berries, or of the ſeeds in the berries, is reputed good againſt the Stone, and the Dropſie, being drunk in Wine. The flowers ſteeped three dayes in Wine, and then diſtilled in a Glaſs, and the water thereof drunk, is good againſt*

againſt the Pluriſie and inward tormenting pains. The water of the flowers alſo ſtayeth the Flux, or Lask, and ſo doth the fruit being eaten. Cloathes or Spunges wet in the ſaid water, and applyed to the place where Thorns or Splinters be in the fleſh, will draw them forth.

Hedge-muſtard, or Bank-creſs. Eryſimum.

Deſcription. IT ſpringeth up with one blackiſh green ſtalk, flexible, but tough, and not eaſie to break, branched into divers parts, and ſometimes with divers ſtalks full of branches, with long, rough, hard leaves, much cut in the edges into many parts, ſome bigger, and ſome leſſer, of a darkiſh green colour; at the tops of the branches grow ſmall yellow flowers in long ſpikes, flowring by degrees; the ſtalks have ſmall round cods at the bottom, growing upright cloſe to the ſtalk, while the top flowers as yet ſhew themſelves, wherein is a ſmall yellow ſeed, ſharp and ſtrong, as is the Herb; the root is ſlender and wooddy, but abideth the Winter, ſpringing again every year.

Names.] Amongſt other, *Eryſimum* ſerves for a Latine title, and a Greek one too; *Gerhard* calls it Bank-creſs, and *Parkinſon* Wilde hedge-muſtard.

Place and Time.] It is common by wayes and hedge ſides, walls, and ſometimes in open Fields, and flowers about *July*.

Nature and Vertues.] *It is a Mercurial Plant, of a cleanſing quality, temperately hot, ſingular in all diſeaſes of the Lungs, to help Hoarſeneſs, and recover a loſt voice: the juyce made into a ſyrrup or Lohoc, with Honey or Sugar: it is profitable alſo againſt the Jaundies, Pluriſie, pains in the Back and Loins, and the griping of the Guts being uſed in Gliſters. The ſeed is held an Antidote againſt poiſon; it is good for the*

Gout, and Aches, Fiſtula's and Ulcers, and for ſwellings or hardneſs in Womens Breaſts, and the Teſticles.

White Hellebore. Helleborus.

Deſcription. THere are accounted eight kindes of this Hellebore, ſome whereof grow in the Northern parts of our Land: The ordinary white Hellebore riſeth up with a round whitiſh head, which opens it ſelf into large green leaves plaited with ribs all along the leaves; from the middle riſeth a round ſtalk with divers leaves to the middle, where it divides into branches, having many ſmall yellowiſh or whitiſh green ſtar-like flowers upon them, which turn into a three ſquare whitiſh ſeed, ſtanding naked without any huſk. The root is thick, great at the head, and is faſtened deep into the ground with many white ſtrings.

Names.] *Helleborus albus*, and *Helleborum* in Latine, and alſo *Veratrum album*; in Engliſh Hellebore, and Neeſewort.

Place and Time.] They grow in *Germany*, *Auſtria*, and *Ruſsia*, and ſome about *Lancaſhire* and *Yorkſhire*: they flower about *May*, ſome earlier and ſome later.

Nature and Vertues.] *The root is hot and dry in the third degree, one of* Mars *his weapons to tame mad folks with; to be taken unprepared it is dangerous, and extreamly provokes Vomiting: but there is an Oximel made with it which is uſeful againſt Madneſs and Melancholly, ſwimming of the Head, and Falling Sickneſs, and the Quartain Ague; it brings down the Courſes, and kills the Childe in the Womb: being put into the noſtrills, it provokes ſneezing, purgeth the Head of ſuperfluous Humours, and is good in the Lethargy, and ſuch ſleepy diſeaſes, eſpecially if ſome leaves of Marjoram in powder be mixed with it: it cures Itch, Scabs, and Leproſie, being mixed in Oyntments, or with Hogs greaſe. The doſe of*

it

it inwardly is, in decoction or infuſion, from a dram to two drams; in ſubſtance from ten grains to a ſcruple.

☞ See further in *Adam in Eden*: by *W. Coles.*

Black Hellebore. Helleborus niger.

Deſcription. BLack Hellebore hath many green leaves ſpringing from the root, each ſtanding on a ſtiff round green ſtalk, about a hand breadth high, having divers cuts, ſome more, ſome leſs, bluntly nicked from the middle of the leaf to the pointward on both ſides, from whence upon ſundry ſtalks do ariſe one flower, or at moſt but two, conſiſting of five round white leaves, much like a ſingle white Roſe; yet ſometimes daſhed with purple, having pale yellow thrums in the middle, ſtanding about a green head, in which is contained round blackiſh ſeed; the root conſiſts of black ſtrings, which run deep into the ground, and are faſtned to a thick head about the bigneſs of ones finger.

Names.] *Helleborus niger*, and *Veratrum nigrum* in Latine; in Engliſh it is called Black Hellebore, and Chriſtmas flower, becauſe it flouriſheth about that time.

Place and Time.] There is one kinde which groweth in ſome Woods in *Northamptonſhire* and other places of this Land, the other onely in Gardens where it is rare: it groweth in *Greece* and *Germany*, in the Iſland of *Anticyra*; whence grew a proverb, if any one was ſad or melancholly, *Naviga ad Anticyram*: It flowers in *December* and *January*.

Nature and Vertues.] *Its much of the ſame temperature as the other*, viz. *hot and dry in the third degree; it is effectual for Melancholly perſons, purging the Spleen, and burnt Choller from the Blood, and viſcous Phlegm from the Head, Entrails, and other parts; and therefore is uſeful in Giddineſs of the Head, Apoplexy, Madneſs, Falling Sickneſs, and hypo-*

condriall diſeaſes: it is good alſo in the Quartain Ague, Leproſie, and the Kings Evil: it provokes Urine and the Terms; it cures ſuch as ſeem to be poſſeſſed with the Devil, and therefore is by ſome called Fuga-dæmonum: *it is uſeful againſt the Cramp, Convulſions, and pains in the body, and a decoction thereof helps the Tooth-ache, and ſores of the Mouth, being gargled therewith, and put into the ears, it helps the noiſe thereof. It may be taken in powder, infuſion, or decoction, the doſe as the white, yet be careful of it; it is a churliſh Plant. There is a baſtard kinde called Bears-foot, which killeth worms, a little of it in powder: if any one hurt themſelves by taking Hellebore, let them drink Goats Milk, or red Cowes milk after it.*

Hemlock. Cicuta.

Deſcription. IT ſpringeth up at firſt with broad winged leaves much like parſley, in the middle ariſes a hollow green ſtalk two or three foot high, ſometimes ſpotted, having ſeveral joynts large winged leaves, dented about the edges, of a dark green colour; towards the top grow ſeveral Umbels of white flowers, after which follows the ſeed, of a pale green colour and and flattiſh when it is ripe: the root is long, white, and ſometimes crooked, and hollow within, the whole plant unſavory and offenſive to the ſenſes.

Names.] It is called in Latine *Cicuta*; and in Engliſh Hemlock, Kex, and by ſome Herb Bennet.

Places and Time.] It grows almoſt by every Ditches ſide, and in ſtinking places, and flowers and ſeeds in *July*, or thereabouts.

Nature and Vertues.] *Hemlock is one of* Saturns *noſegayes, it is cold in the third, and dry in the ſecond degree; it may ſafely be applied to Inflammations, Tumors, and Swellings, and St.* Anthonies *fire, Wheals, and Puſhes, and for aſſwa-*

aſſwaging any violent pain, which it doth by its cold benumming faculty: the ſeeds beat ſmall and moiſtned with Vinegar, and the Groin and Cods being anointed therewith, it abates the deſire to Venery, and helps the ſwelling and coming out of the Matrix, and abates the excceding bigneſs of the Dugs; being applyed to the ſoles of the feet it brings down the humours that cauſes the Falling Sickneſs: if any one miſtake it for Parſley, or the root for a Parſnip, and be troubled therewith, let them drink liberally of the ſtrongeſt Sack.

Hemp. Cannabis.

Deſcription. IT is well known, and too well known to ſome, yet not to ſo many as deſerve it, but hath been too often to thoſe that deſerve it not.

Names.] Both Greeks and Latines call it *Cannabis*; in Engliſh Hemp: ſome Jeſters call it Neck-weed, and Welch Parſley; but let them have a care it doth not play in earneſt with them.

Place and Time.] There be two kindes which grow together, as it is ſown both in Gardens and Fields: Summer Hemp which is ripe in *July*, and Winter Hemp which bears the ſeed and is ripe in *September*.

Nature and Vertues.] *It is a Saturnine plant, cold and dry; the ſeed of it conſumes and diſperſes windineſs, and dryes up the natural ſeed; being boiled in milk and taken it helps a hot dry Cough: An Emulſion is good againſt the Jaundies, by opening obſtructions of the Gall, and digeſting Choller. A decoction of the ſeed ſtayeth Lasks and Fluxes, and eaſeth pains of the Bowels: the juyce is held good to kill Worms, and being dropped into the Ears, it kills Worms in them. The decoction thereof allayeth Inflammations, eaſeth pains of the Gout, and ſhrinking of the Sinews. The freſh juyce mixed with oyl and butter, is good for to apply to any place burnt with fire: nevertheleſs this herb indiſcreetly*

uſed breedeth ill blood, is hard of digeſtion, and hurtful to the Head and Stomach.

Henbane. Juſquiamus.

Deſcription. COmmon Henbane hath very large, thick, ſoft woolly leaves lying upon the ground, much cut or torn on the edges, of a dark, grayiſh colour, amongſt which riſe up divers thick ſoft ſtalks about two foot high, ſpread into divers ſmaller branches with leſſer leaves on them; and many hollow flowers, ſcarce appearing above the husks, uſually torn on one ſide, ending in five round points which grow one above another, of a deadiſh yellow colour, ſomewhat paler towards the edges, with many purpliſh veins therein, with a ſmall pointell in the middle, ſtanding in a hard cloſe husk, ſharp at the top points, wherein is contained much ſmall ſeed like Poppey ſeed, but of a duskiſh grayiſh colour; the root is great, white, and thick, the whole plant of an offenſive ſmell.

Names.] It hath gotten many fancied names amongſt the Latines; in Shops it is called *Juſquiamus* and *Hyoſcyamus*; in Engliſh Hen-bane, becauſe the ſeed is hurtfull to Hens,

Place and Time.] It grows commonly on every dunghill, and by ſtinking ditches ſides, and flowers about *July*.

Nature and Vertues.] *It is cold almoſt in the fourth degree, of a benumming Saturnine quality: the ſeeds, oyl, and juyce of it is held good to eaſe pains in the Teeth, though I think a T—— would do it better: the leaves of Hen-bane cool Inflammations of the Eyes or other parts, and aſſwageth ſwelling of the Cods, and womens Breaſts, and aſſwageth pains of the Gout, Sciatica, and other pains in the joynts which proceed from a hot cauſe; being applyed with Vinegar to the Tem-*

ples,

ples, it helps the Head-ache, and cauſeth ſleep: the oyl of the ſeed helps deafneſs, and noiſe in the Ears, being dropped therein: the decoction of the herb or ſeed kills Lice in man or beaſt: if any one be diſtempered by taking it inwardly unawares, let them drink Goats milk, or Fennel ſeed, Muſtard ſeed, Nettles ſeed, Onions, or Garlick in Wine.

Hagtaper, Vide *Mullein.*

Hyſop. Hyſopus.

Deſcription and Names. IT needs no deſcription; and *Hyſopus* is both the Greek and Latine name, and Hyſop with us.

Places and Time.] It is moſt frequent in Gardens, but I have ſeen it grow upon Walls: it flowers in *June* or *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *It is an herb of* Jupiter, *of temperature hot and dry in the third degree, and of a cleanſing quality; it is excellent good for ſhortneſs of breath, and diſeaſes of the Liver and Lungs, helpeth wheeſings and rheumatick diſtillations; it helps the Dropſie and Spleen; it is good againſt the falling Sickneſs, provokes Urine, and womens Courſes. The diſtilled water, decoction, and ſyrrup, is very good for all ſtoppings and infirmities of the Lungs; it takes away ſpots and bruiſes in the skin, being boiled, and the place bathed therewith: it is good for the Quinzy, boiled with Figs and the throat gargled therewith; and boiled with Vinegar, it helps the Tooth-ache, being bruiſed and mixed with Salt, Honey, and Commyn ſeed, it helps ſtinging of Serpents: the green herb bruiſed with Sugar, or freſh Butter, ſoon heals a green Wound. The oyl kills Lice, and helps the Falling Sickneſs, expectorates tough Phlegm, and is good in all cold Diſeaſes of the Breaſt and Lungs, being taken in ſyrrup, or other Medicines. Take two handfuls of the tops of unſet Hyſop, as much of the tops of Roſemary, a few Anniſeeds, and ſome Liquoriſh ſliced,*

boil

boil it in two quarts of running water, till a third part be conſumed, then ſweeten it with Sugarcandy, and drink it for an ordinary drink. This I have often proved effectual for the Ptiſick, Coughs, Rheumes, Aſtma's, and Catarrhs.

Holly. Aquifolium.

Deſcription and Names. IT is well enough known, the Greeks call it ἀγρία, and its called in Latine *Aquifolium*, and *Agrifolium*; we call it Holme, or Holly Buſh in Engliſh.

Place and Time.] Hedges, Woods, and Commons are well acquainted with it: they flower about *June*, the berries ripe about *Chriſtmas*, the leaves green all the year. There is one kinde called the Free Holly, becauſe it hath a ſmooth leaf; the other prickly Holly, which moſt commonly beareth the moſt berries.

Nature and Vertues.] *The berries are by temperature hot and dry, ſaith* Dodoneus; *the plant Saturnine, ſaith* Culpepper, *but I believe he forgot himſelf: ten or twelve of the green berries taken inwardly, purge clammy and phlegmatick humours, and help the Chollick: but being dryed and taken in powder in wine, or other drink, they binde the Belly, and ſtop Fluxes; the Bark doth the ſame more powerfully. A decoction of the Bark of the roots is good to mollifie hardneſs, and tumours, where bones have been out of Joynt, and helps to conſolidate broken bones. An handful of the berries boiled in a pint of Ale till half be conſumed, and then ſtrained, and a little butter added to it, and five or ſix ſpoonfuls taken at once, is ſaid to be good to provoke Urine, and remedy the ſtopping of the Stone. The Birdlime which is made of the Bark of Holly is good to draw out Thorns and Splinters that are in the fleſh.*

☞ See further in *Adam in Eden*: written by *Will. Coles.*

Holy

Holy-Thiſtle, or Carduus Benedictus.

Deſcription and Names, IT needs no deſcription, growing not wilde in *England*: the names are in Latine *Carduus Benedictus*; in Engliſh Holy and bleſſed Thiſtle.

Places and Time.] Its natural ſoil is *Lemnos*, and many of the Grecian Iſles, and being brought hither, it is diligently preſerved in our Gardens, and obtained its name from its ſinguler vertues: it is in flower about *July* or *Auguſt*, which is the beſt time to gather it to keep all the year. If it be ſowen or ſowe it ſelf in *Auguſt*, as ſometimes it doth, it will make its flower in *April*.

Nature and Vertues.] *Carduus Benedictus is hot and dry in the ſecond degree, having a cleanſing opening quality; it is a bitter Martial Plant, yet Cordial, a reſiſter of Poiſon: the decoction thereof in poſſet drink, is good againſt Stitches in the Sides and the Pluriſie; it provokes Urine and the Courſes, cleanſes the Stomach, ſtrengthens the Memory, helps Deafneſs, and ſwimming in the Head; it expells peſtilential humours by ſweat, and ſometimes doth good in the beginning of Agues: in regard it reſiſts putrefaction, it may be one of the Sub-Committee, in curing the French Pox; but it can never cure it of it ſelf, neither by Sympathy nor Antipathy, as* Culpepper *affirms*; but his Ballad-monger hath contradicted all by adding the coupling of the Song, *viz.* for Cure of all Diſeaſes, read my *Riverius*, and *Riolanus* in Engliſh; when as he pretends in the title to cure all Diſeaſes for three pence charge: and in truth was never acquainted with thoſe Authours, which are reported to be his Tranſlation. *But (to avoid any further digreſſions) the herb is indeed ſomewhat Antivenerial; the green herb hath alſo notable effects, bruiſed and outwardly applyed to Plague Sores, Botches, and venomous bitings; the powder thereof*

ſtops

ſtops bleeding at Noſe, and the juyce and diſtilled water clears the ſight; it is good alſo in Gangreens and Ulcers, being mixed with Hogs greaſe and a little wheat-flower.

Honey Suckles, or Woodbinde.
Peryclymenum.

Deſcription. IT is very well known, and hath no other Engliſh Names but what are in the Title; the Greeks call it περικλύμενον, and περιπλόκας, in Latine *Periclymenum*, and *Caprifolium*; by ſome *Sylvæ mater*; and *Lilium inter Spinas.*

Place and Time.] It plentifully grows almoſt in every hedge, and is planted upon Arbours and houſe Walls, where it will give a fragrant ſmell in at the Windows. It begins flowring in *April*, and ſo continues all the Summer till the latter end of *October*, if the ſeaſon be milde; as the laſt *October* about the latter end, the hedges were full of them all the way from *Tilbury* to *Stanford* in *Eſſex.*

Nature and Vertues.] *It is an herb of* Mercury, *and hath a cleanſing and digeſting quality, and is a very good herb in Mouth Waters for ſores in the Mouth; let* Culpepper *ſay what he will, experience proves it. A Syrrup or Conſerve of the flowers, or a decoction made of the herbs and flowers, is good againſt diſeaſes of the Lungs and Spleen, and to expectorate tough Phlegm: it likewiſe doth provoke Urine, and cauſe ſpeedy delivery in Women, and helps Cramps, Convulſions, and Palſies: the diſtilled water is good to dry up Ulcers, and cleanſe the face from Sun-burnings, Morphew, and other diſcolourings. The ſeeds alſo help the Hiccock, and ſhortneſs of breathing; but the leaves and flowers are more uſeful; the much uſe thereof cauſes barrenneſs in men and women.*

☞ See more of this in *The Art of Simpling*: written by *W. Coles.*

Hops

Hops. Lupulus.

Deſcription and Names. IT is a plant very well known, eſpecially by the Brewers, and by the Greeks is called βρύον, and Ερυσνία; in Latine *Lupulus.*

Place and Time.] It groweth in *England* both wilde and manured; *Kent* flouriſhes by them: they ſpring up in *April*, and are ripe about *September.*

Nature and Vertues.] *Hops are hot and dry in the ſecond degree, of a cleanſing quality, whereby they are reputed good to cleanſe the Reins from Gravel, and provoke Urine; being uſed in the decoction, they open obſtructions of the Liver and Spleen, cleanſe the blood, and are good for the yellow Jaundies, and to help breakings out in the Body: they do purge Choller from the Liver and Stomach. The decoction of the flowers is good for thoſe that have drunk poiſon, and is likewiſe good in bathes for the hardneſs and ſwellings of the Mother, and Strangury: they are moſt uſed to preſerve Beer, whereby it is kept a long time: but ſtale Beer is a cruel enemy to thoſe who are afflicted with the Stone: therefore let thoſe that are ſubject to that diſtemper, drink plain honeſt harmleſs old Engliſh Ale.*

Horehound. Praſium.

Deſcription. IT grows up with ſquare hoary ſtalks half a yard high or more, ſet at the joynts with two round crumpled rough leaves, of a hoary green colour, a reaſonable good ſcent, but bitter taſte: the flowers are white, ſmall, and gaping, ſet in prickly huſks about the joynts with the leaves from the middle of the ſtalks upwards: the ſeed is ſmall, round, and blackiſh, the root is blackiſh, woody, and fibrous, and abides many years.

Names.] *Praſium* is the common Latine name, and Horehound the Engliſh.

Place and time] It grows commonly in waſte, dry grounds

grounds in many places of this Land: flowers in *July*, and the ſeed is ripe in *Auguſt*,

Nature and Vertues.] *It is hot in the ſecond degree, and dry in the third, as ſaith* Gallen, *an herb of* Mercury *ſaith Mr.* Culpepper; *it is a very good pectoral plant: the decoction or ſyrrup helps ſhort-windedneſs and infirmities of the Lungs, and brings away tough Phlegm; it brings down womens Courſes, and expells the Afterbirth; is alſo good againſt poiſon and venomous bitings; it is offenſive to the Reins and Bladder, and to hot and dry bodies, but more ſafe if uſed with Raiſins and Liquorice: the leaves with honey purge foul Ulcers, and made into an Oyntment with old Hogs greaſe, it helps bitings of Dogs, and ſwellings of Womens Breaſts, and prickings of Thorns: the decoction is good for women to ſit over that have the Whites, and likewiſe to heal Scabs, the places being bathed therewith.*

Horſe-tail. Cauda Equina.

Deſcription. IT ſprings up with heads ſomewhat like Sparagus, and becomes a hard rough hollow ſtalk, joynted at many places one within another, ſo that you may eaſily pull them aſunder; at every joynt grows a buſh of ſmall ruſhy hard leaves, reſembling an Horſe Tail: at the tops of the ſtalks come forth ſmall Catkins like thoſe of Trees. The root creeps under ground having joynts at ſeveral places.

Names.] It is called in Latine *Cauda Equina*, and *Hippuris*, and by divers *Equiſetum*; in Engliſh Horſe Tail.

Place and Time.] They delight to grow in low wet grounds; many Meadows and Paſtures are much troubled with them: they ſpring up in *April*, and periſh about *September*.

Nature and Vertues.] *It doth dry, and hath a binding faculty, a Saturnine Herb; the decoction or juyce thereof drunk*

or

or applyed outwardly, ſtanches bleedings at Noſe, and ſtayes Fluxes and Lasks, piſſing of Blood, and heals inward Ulcers and Excoriations of the Entrails, and all other foul running Ulcers: It is alſo good for Ruptures in Children. The decoction in Wine provokes Urine, and helps the Stone. The juyce or diſtilled water helps Puſhes, Wheals, and Inflammations in the skin, and eaſeth ſwellings, heat, and Inflammations of the privy parts, and cures Tetters and Ringworms.

Hounds Tongue. Cynogloſſum.

Deſcription. THe leaves are long and somewhat narrow, of a darkiſh green, somewhat like Bugloſs leaves, but are very ſoft and ſmooth; the ſtalk riſeth about two foot high, with ſmaller leaves, and brancheth at the top into divers parts, upon which grow many ſmall purpliſh red flowers; the ſeed is rough and flat, ſticking faſt to a garment; the root is black, thick, and long: the leaves and whole plant hath a very ſtrong ſmell, much like Dogs piſs, and is by ſome called after that name.

Names.] It is called in Latine *Cynogloſſum*, and *Lingua Canis*; in Engliſh Hounds Tongue, and of ſome Dogs piſs.

Place and time,] It is a companion to High-wayes, and dry Ditches ſides, and flowers in *May* and *June*.

Nature and Vertues.] *It is of a ſtinking ſcent, and a great drawing cleanſing quality, a Saturnine Plant, excellent to cleanſe, dry, and cure old Sores and putrified Ulcers, drawing all filth out of them, and cures the biting of Dogs, either mad or tame. I lay fourteen weeks once under a Chyrurgions hand for a cure of a Dogs biting; but at laſt I effected the cure my ſelf onely by applying to the wound Hounds Tongue leaves, changing them once in four and twenty hours: an ointment made thereof is alſo good againſt Burning and Scalding. The*

powder

powder of the root in Pills, or a decoction thereof, ſtayes fallings of Rheume out of the head upon the Stomach or Lungs, or into the Eyes or Noſe, and helps Coughs and ſhortneſs of Breath. A Suppoſitory made of the root (being baked in a wet paper under the Embers) and put up into the Fundament, helps pains of the Piles and Hemorrhoides. The diſtilled water is uſeful for all the purpoſes aforeſaid.

Houſleek, or Singreen. Barba Jovis.

Deſcription and Names. IT is well known, the Latines call it *Barba Jovis*, and ſome other Latine words Authours have beſtowed upon it, as *Semper vivum majus*; in Engliſh Houſleek, or Singreen. There is a leſſer ſort called in Latine *Sedum*, in Engliſh Prick-madam; but beware you miſtake not, and take Stone-crop inſtead of it, which is of a far contrary quality, yet they are very like one another.

Place and Time.] It is planted and flouriſheth much upon the tyles of houſes, and ſtone walls: it flowers about *June* and *July*, the leaves are green all the year

Nature and Vertues.] *It is cold in the third degree, ſomewhat drying, and having* Jupiters *badge, it muſt needs be his Herb: the juyce being clarified, is excellent good for hot Rheumes in the Eyes, and is commended for ſoreneſs in the Gums, and the Scurvy in the Mouth; as alſo for all Inflammations, as* St Anthonies *fire, and the like: a Poſſet made with the juyce is good in hot Agues, and to quench thirſt; it eaſeth Corns being applyed thereunto, and eaſeth the Head-ache, cauſed through heat, being applyed to the Temples; and the bruiſed leaves laid upon the Crown of the head, quickly ſtayes bleeding at Noſe: the diſtilled water is good for all the purpoſes aforeſaid; and the leaves rubbed upon any place ſtung with Bees or nettles, gives preſent eaſe,*

☞ See more of this in *Adam in Eden*: written by *Will. Coles.*

St. Johns

Hedge Hyſop. Gratiola.

Deſcription. IT is a low plant about a ſpan long, having ſquare ſtalks, or ſlender branches much like Garden Hyſop, but larger leaves; the flowers grow upon ſhort ſtems between the leaves, of a whitiſh blue colour: the whole herb hath a bitter taſte, like ſmall Centory; the root is ſmall and threddy, ſpreading far abroad, multiplying greatly where it groweth.

Names.] It is called in Latine *Gratia Dei*, and *Gratiola*; and in Engliſh hedge Hyſop: the ſeed is called *Gelbenech*, being the Arabian name. There is a ſecond kinde of hedge hyſop called *Gratiola anguſti folia*, which hath a ſmall fibrous root, a reddiſh round creſted ſtalk divided into many branches, ſet with leaves like thoſe of Knot-graſs, of a pale green colour, without any ſtalks, out of the boſom of theſe leaves come four leaved flowers, ſet in longcups, of a fair blue colour, after which come longiſh ſeed veſſels, wherein are contained a ſmall duskiſh ſeed: the plant is without ſmell or any manifeſt taſte: the leaves are ſometimes narrower and ſometimes broader. The plant ſometimes but a handful, and ſeldom above a foot high. Its called alſo in Engliſh Graſs Poley. There is alſo a third kinde called *Gratiola latifolia*, or broad leaved hedge Hyſop, which hath many four ſquare ſmall tender branches, ſomewhat hollow or furrowed, ſet with leaves by couples one againſt another, like the former, but ſhorter and broader, amongſt which grow purple flowers ſpotted in the inſide with white, and of a brighter purple then the reſt of the flower; after which come little ſeed veſſels, containing ſmall yellowiſh ſeed of an extream bitter taſte; the whole plant is bitter like the firſt: the root conſiſts of a great many whitiſh ſtrings which increaſe and ſpread much abroad.

Place and Time.] The firſt groweth naturally in moiſt and low places, the ſecond in graſſy meers of the Champion

pion Fields in *Oxfordſhire* and ſuch like places. The third kinde likewiſe in moiſt places, as about the Bogs or mariſh ground at the further end of *Hampſted Heath*, and in ſuch like places. The firſt kinde flowreth in *May*, the ſecond in *June* and *July*, the third in *Auguſt*.

Nature and Vertues.] *Hedge Hyſop is of a hot and dry nature, the firſt kinde is onely uſed in Phyſick: a ſcruple thereof being bruiſed and taken, mightily purgeth watry groſs, and ſlimy humours in great abundance: the herb boiled in Wine, and the decoction drunk, helpeth Fevers, and is excellent in Dropſies, and all Diſeaſes ſpringing from cold and watry cauſes. If it be boiled and the decoction drunk or eaten with meat as a Sallet, it opens the Belly, ſcouring and purging groſs phlegm and chollerick humours. The extraction given with powder of Cynamon, and a little juyce of Calamint, prevaileth againſt Tertian and Quotidian Fevers, as ſaith* Camerarius.

Herb Robert. Geranium Robertianum.

Deſcription. THis plant hath ſlender, weak, and brittle reddiſh ſtalks ſomewhat hairy; the leaves are alſo reddiſh, oftentimes jagged or deeply cut much like Chervil, of a loathſome ſcent: the flowers are a bright purple, after which there comes ſmall heads with ſharp Bills like Birds Beaks. The root is ſmall and threddy.

Names.] Its called *Geranium Robertianum* in Latine, as being a kinde of Cranes-bill; it is alſo called *Ruberta, Roberti herba*, and *Robertiana*, and is taken to be the 3. Sideritis of *Dioſcorid.*

Place and Time.] It grows upon old Walls of Brick, Stone, or Mud, and amongſt Rubbiſh, in bodies of dead Trees, and in moiſt and ſhadowy banks of Ditches: it flowers in *April*, and almoſt all the Summer. The herb continues green all Winter.

Na-

Nature and Vertues.] *Herb Robert is ſomewhat cold of temperature, having mixt qualities, both ſcouring and ſomewhat binding; it is good to ſtanch blood, and to heal up bleeding Wounds, and is good for Wounds and Ulcers in Womens Breaſts and Dugs, and alſo of the ſecret parts of Man or Woman, and may be alſo as effectual as Cranes-Bill in Ruptures or inward Wounds. The dryed herb and root taken in powder in ſome convenient liquor, or the decoction thereof in Wine being drunk for thoſe purpoſes.*

Herb True-love, Vide *One berry.*

St. Johns-wort. Hypericum.

Deſcription. IT ſhooteth forth browniſh, upright, hard, round ſtalks, about two foot high, ſpreading into divers branches from the ſides up to the top, having two ſmall perforated leaves ſet one againſt another all along, of a deep green colour; at the tops of the ſtalks and branches grow yellow flowers of five leaves apiece, with yellow thrums in the middle, which being bruiſed, yield a reddiſh juyce like blood; after the flowers come ſmall round heads, wherein is contained ſmall blackiſh ſeed, ſmelling like Rozen. The root is hard and woody, with many fibres at it, of a browniſh colour which abides many years, but the ſtalks periſh every year.

Names.] It is called in Latine *Hypericum*, of ſome *Fuga-dæmonum*, ſuppoſing it to be good to drive away ſpirits, and by *Paracelſus*, *Sol terreſtris*.

Places and Time.] It grows plentifully by Fields, by Woods ſides, and Copſes, and in Hedge rowes; flowers about Midſummer, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *It is hot and dry, and of thin parts, an excellent Solar Plant; it is profitable for all hurts and Wounds, and alſo for inward bruiſes, being made into an Oyl, Oyntment, or Salve, Bathe, or Fomentation, and uſed out-*

outwardly, or boiled in Wine and drunk; it opens obſtructions, conſolidates and ſoders up the lips of Wounds, and ſtrengthens weak and bruiſed parts: The decoction of the herb and ſeed in Wine, helps ſpitting and Vomiting of Blood, and heals inward bruiſes; it is likewiſe good for the Stone, and to provoke Womens courſes. The ſeed taken in powder in a little broth, purges choller, and expells congealed blood in the Stomach. The doſe is ℥ii. The oyl is excellent both for old ſores and green Wounds: the ſeed is commended for the Palſie, and Falling Sickneſs, being drunk forty dayes together.

An excellent Balſome for Wounds and Venomous Bitings may be made of it after this manner.

Take oyl Olive one quart, St. Johns-wort, Betony, Centory, Self-heal, and Tobacco flowers, each two handfuls, let them ſtand in a glaſs in the Sun all Summer, then ſtrain the oyl from the herbs, and keep it for your uſe.

Jack by the Hedge, Vide *Sauce alone.*

Ivy. Hedera.

THis is a companion lovingly imbracing many old Oaks, and other Trees, Walls, Houſes, and Churches. The Latines call it *Hedera:* it flouriſheth about *July*, and the Berries are ripe about *Chriſtmas*, and may with Holly adorn a Houſe without ſuperſtition.

Nature and Vertues.] *A Pugil of Ivy flowers, or a dram drunk twice a day in red Wine, ſtops the Bloody Flux, and Lask; but Ivy being much taken inwardly, its obnoxious to the Nerves and Sinews: but outwardly applyed, it is helpful unto them. The juyce of the leaves and flowers mixed with a little oyl of bitter Almonds, and dropped into the ears, being warm, it helps loſt hearing, and old running ſores of the Ears. The powder of the berries drunk in Wine, help to break the Stone, and provoke Urine and Womens Terms. A Peſſary likewiſe of the Leaves and Flowers draweth down the Courſes, and dead Childe.*

Childe. A decoction of the freſh leaves in Vinegar, being applyed hot to the ſides, gives eaſe againſt Aches and Stitches, being applyed with Roſe-water, and Oyl of Roſes to the Temples, it eaſes pains in the Head: The juyce of the berries or leaves purgeth the Head and Brain of thin Rheume, being ſnuffed into the Noſtrils, and cures Ulcers and ſtench in the Noſe. To drink in an Ivy cup is good for the Spleen, letting the drink ſtand a while in it. There is a great Antipathy between Wine and Ivy, as is ſaid. The powder of Ivy berries hath formerly been uſed as a good Medicine for the Plague; for which purpoſe it hath been planted about Peſt-houſes, it being given in Wine, and the party ſweating thereupon in the beginning of the Diſeaſe. The Ivy Gum eaſeth the pain of hollow Teeth, if it be put therein; it is of a ſtrong ſcent, and good to ſmell to againſt infection, and for ſuch to carry about them as uſe to go amongſt noiſome ſmells.

☞ See further in *The Art of Simpling*: written by *W. Coles*

Ground-Ivy, Vide *Ale-hoof.*

Juniper. Juniperus.

Deſcription. IN our Countrey it ſeldom or never ariſeth higher then a Furze Buſh, though in other places it is a Tree: it ſpreads its ſelf near the ground: the leaves are much like thoſe of Furze, but not ſo large nor ſo prickly, and of a blueiſh green colour; they continue all the year: the flowers are very ſmall, yet may be perceived of a yellow colour by the duſt that falleth from them; after which come ſmall green berries, not being fully ripe till the ſecond year, and then they are ſomewhat like Pepper.

Names.] It is called in Latine *Juniperus*, and the berries *Bacca Juniperi*, and *Grana Juniperi.*

Place and Time.] It grows much upon the Hills and

woody grounds in *Barkſhire*, *Oxfordſhire*, and *Buckinghamſhire*, and likewiſe in *Hampſhire* and *Kent*. It flowers in *may*, and after two Summers and one Winter perfects its Seed.

Nature and Vertues.] *Juniper is hot and dry in the third degree, the berries are as hot, but not ſo dry; it is an Herb of* Sol, *a good counter poiſon: the berries taken in wine are good againſt venomous bitings, the Plague, Peſtilence, and other infections. The decoction of the berries in Wine is good againſt the winde Chollick, or four or five drops of the Chymical oyl taken in a morning in broth or Beer, or about a dozen of the berries eaten in the morning faſting. A lye made of the aſhes of Juniper, cures the Dropſie, it provokes the Terms, Urine, and is good againſt the Stone and Strangury, helps fits of the Mother, and ſtrengthens the Stomach very much. A Lye made of the Aſhes of the Wood, cures Itches, Scabs, Leproſie, and erruptions in the skin; the burning of the Wood drives away Flies, and Waſps, and ſuch noiſome creatures. The berries are alſo good for the Cough, ſhortneſs of Breath, Ruptures, Convulſions, Cramps, and Conſumptions; they procure to Women ſpeedy delivery, ſtrengthens the Brain, Memory, and the Sight, they comfort the heart and other ſenſes; being drunk in Wine, or the decoction taken in wine, they are good for all ſorts of Agues, and for the Gout and Sciatica, and ſtrengthen all the Members of the Body: they are good likewiſe againſt the Palſie, and falling Sickneſs: it is effectual alſo to dry up the moiſture of moiſt Ulcers, Fiſtula's, and weeping running Sores.*

Jujubes. Zizipha.

THis Tree groweth in *Arabia*, *Egypt*, and *Syria*; it is called in Shops *Jujube*, which is the Arabian name; the Greeks and Latines *Zizipha*, and *Serica*: in Engliſh Jujubes.

Na-

Nature and Vertues.] *They are temperately hot and moiſt, a Tree of* Jupiter; *they gently purge Choller, cleanſe the Blood, and open the Body; they are profitable for all diſeaſes of the Cheſt and Lungs, help ſhortneſs of Breath, and hot diſtillations of Rheumes; they cool the heat and ſharpneſs of the Blood, are good in hot Agues, expectorate tough Phlegm, and help a Cough; they cleanſe the Reins and Bladder, and make the paſſages ſlippery, and likewiſe ſtay Vomitings which are cauſed by ſharp humours.*

Kidney Beans, Vide *French Beans.*

Kidney-Wort, or Venus Navel-wort.

Cotyledon.

Deſcription. IT hath many thick fat round leaves, every one having a ſhort foot ſtalk about the middle thereof, and a little unevenly waved ſometimes about the edges, of a pale green colour, hollow on the upper ſide like a Spoon or Saucer, amongſt which ariſe one or more tender ſtalks, ſmooth and hollow, almoſt half a foot high, with two or three ſmall leaves, not ſo round as the lower, but ſomewhat long, and divided at the edges, the tops ſometimes divide themſelves into long branches, and bears a great many flowers, about a long ſpike, one above another, hollow like a Bell, and of a whitiſh colour; after which come ſmall heads, containing in them ſmall browniſh ſeed: it hath a round root like an Olive, uſually ſmooth, but ſometimes rugged, or knobbed, grayiſh without, and white within, with many ſmall fibres at it.

Names.] The Latines call it *Cotyledon, Umbilicus Veneris,* and *Acetabulum,* and alſo *Scutellum,* and *Terra Umbilicus*; in Engliſh Navel-wort, and Venus Navel, Wall-penny-wort, and Kidney-wort.

Place and Time.] It groweth upon Stone and Mud Walls, upon Rocks, at the bottoms and upon the bodies of old rotten Trees: it flowers about *May*, then periſhes till *September*, and then ſprings up afreſh, and abides all Winter.

Nature and Vertues.] *Kidney-wort is cold and moiſt, and ſomewhat aſtringent, having a little bitterneſs; it cooleth, repelleth, cleanſeth, and diſcuſſeth: it is a plant of* Venus, *and is of good uſe to heal ſore and exulcerated Kidneys. The juyce being drunk in wine, or the diſtilled water, it is good for the Dropſie, it provokes Urine, helps to break the Stone, and and cools Inflammations of thoſe parts, and eaſes pains of the Bowels and Bloody Flux: and the juyce or diſtilled water cools a hot and inflamed Stomach or Liver. The bruiſed Herb outwardly applyed helps St.* Anthonies *fire, pimples, and other Inflammations; it eaſeth pains of the Piles, or Hemorrhoides, and is called* Herba Coxendicum, *or Hipwort, becauſe it is effectual to eaſe pains in the Hips, and the hot Gout, and Sciatica; it is alſo good for ſwellings of the Cods, Kings Evil, Kibes, and Chilblanes, being uſed in an Oyntment: it is likewiſe good to ſtanch the blood of green Wounds, and heal them quickly.*

Knotgraſs. Polygonum.

Deſcription. GReat common Knotgraſs ſhooteth up many long and ſlender joynted branches, lying upon the ground, with many long narrow leaves thereon, one for the moſt part at a joynt, whereat come forth the flowers, eſpecially from the middle of the branches upward, which are in ſome white, and in others purple, but ſo ſmall, that they can hardly be perceived, which afterwards bring a ſquare ſmall ſeed, much like Sorrel ſeed: the root is reddiſh, long, and ſlender, with many fibres;

fibres; it endures divers Winters, but the leaves periſh in Autumne, and ariſe freſh in the Spring.

Names.] It is called both in Greek and Latine *Polygonum*, and likewiſe *Seminalis*, *Sanguinalis*, and *Sanguinaria*, in ſome places *Corrigiola*, and *Centinodia*; in Engliſh Knot-graſs.

Place and Time.] It grows by high-wayes ſides, foot-paths in Fields, and ſides of old Walls, and many other places.

Nature and Vertues.] *It is cold and dry about the ſecond degree,* Saturnine; *the powder thereof taken in Wine, is good to provoke Urine, and cool the heat thereof, and to expell gravel in the Reins and Bladder; being eaten in a Tanſie with Eggs, it is good to help the running of the Reins, and weakneſs of the Back: the juyce or decoction is good to ſtay bleeding at the mouth, to cool the Blood and Stomach, to ſtop the bloody Flux, Womens Courſes, and piſſing of Blood: the juyce is good to be given before the fit of a Tertian or Quartain Ague, to moderate the violence thereof: it is good againſt venomous bitings, and defluxions of Rheumes upon the Stomach; it cures alſo Inflammations, hot Swellings, St.* Anthonies *fire, Cancers, burning Sores, and filthy Ulcers, eſpecially of the privy parts; it helps freſh Wounds, ſtayeth the Blood, and cloſeth up the lips of them: the juyce helps running matters of the Ears, and Inflammations of the Eyes being dropped therein.*

There is another kinde much like this in nature called Knawel.

☞ See more of this in the Art of Simpling: written by *W. Coles.*

Knapweed. Jacea nigra.

Deſcription. IT hath long narrow leaves much like Devils Bit, but longer, ſet upon ſtalks two cubits

cubits high, bluntly ſnipt about the edges; the flowers grow at the top of the ſtalks, being firſt ſcaly knops, like corn flowers or blue bottle, but greater; out of the midſt whereof groweth a purple thrummy or threddy flower: the root is thick and ſhort.

Names.] There are many more kindes hereof, but its needleſs to name them, being all reckoned amongſt the ſorts of Scabious. This Knapweed is called *Jacea nigra*, to diſtinguiſh it from Harts-eaſe, or Pancies, which is called *Jacea* alſo; it is likewiſe called *Materſillon*, and *Matreſillen*; in Engliſh Matfellon, Bull-weed, and Knapweed.

Place and Time.] Knapweed grows commonly in Paſtures, as alſo Scabious doth, and flowers in *June* and *July*.

Nature and Vertues.] *Knapweed is much of the temperature of Scabious (whereof it is a kinde, but not ſo proper in Phyſick as Scabious is) to whoſe faculties I refer you for this. It is ſaid to be good againſt the ſwellings of the Uvula, as is Devils-Bit, but of leſs force and vertue; wherefore you may uſe the moſt effectual, it growing as plentiful as this.* I ſhould not have mentioned this plant, (as accounting it not worth while) had not the writer or publiſher of that piece which goes by the name of *Culpeppers Engliſh Phyſician Enlarged*, made a ſcribble to no purpoſe about it: Indeed in that Book both *Culpepper* and the Readers are abuſed, it being really none of his, all the uſeleſs and frivolous additions being done ſince his death. Thoſe true Copies of his which have been printed ſince he dyed, are his *School of Phyſick*, and *Laſt Legacy*.

Ladies Mantle. Alchimilla.

Deſcription. IT hath many leaves riſing from the root, ſtanding on long hairy foot ſtalks, almoſt round,

round, ſomewhat dented on the edges into eight or ten parts more or leſs, ſeeming like a Star, with ſo many corners and points more finely dented about, of a light green colour, and as if it were plated and folded at the firſt, then crumpled in divers places, and hairy as the ſtalk is, which riſeth up amongſt them a foot high, ſometimes more, with a few ſmaller leaves thereon, and being weak, bendeth down towards the ground, divided at the top into two or three ſmall branches, with whitiſh green heads and yellowiſh green flowers breaking out of them; which being paſt, there comes a yellowiſh ſeed in the husks: the root is long and black, with many fibres thereat.

Names.] In Latine it is called *Alchymilla*, *Stellaria*, *Pes leonis*, and *Pata leonis*, and of ſome *Sanicula major*; in Engliſh Ladies Mantle, great Sanicle, Lions foot, and Lions paw.

Place and Time.] It grows in Paſtures and Woods in *Kent*, and divers other places of this Land: it flowers in *May* and *June*, and continues green all the Winter.

Nature and Vertues.] *Ladies Mantle is hot and dry in the ſecond degree at leaſt, very aſtringent and drying, an herb of* Mars: *the decoction thereof drunk, and the green herb outwardly applyed, helps the flagging, and over-greatneſs of Maids and Womens Breaſts, bringing them to their due bigneſs: it is effectual in Inflammations, ſtops Bleedings, Vomitings, and Fluxes, Bruiſes and Ruptures, ſtayes the Whites: the diſtilled water drunk many dayes together, helps Conception, and dryes up the too much humidity of the Matrix, and reduceth the Body to a good eſtate. It is a ſingular Wound herb, and dryes up the humidity of Sores and Ulcers, and abates Inflammations: it quickly heals freſh Wounds, conſolidating up the lips thereof, and leaving no corruption therein.*

☞ See further in *The Expert Doctors Diſpenſatory*: by *P. Morellus.*

Larch

Larch-Tree, and its Agarick. Larix.

Deſcription and Names. IT grows about *Italy*, and alſo in *Aſia*; it is called λάρικξ, and *Larix* in Latine, and alſo *Agaricum*, and *Agaricus*; the Agarick is an excreſcenſe, or kinde of a Muſhroome, that groweth on this Tree, being within white, ſoft, and ſpongy, like a Muſhroom. The Agarick is hot in the firſt degree, and dry in the ſecond; it hath an attenuating cleanſing quality, and purges obſtructions of the entrails by ſtool; it purgeth Phlegm, Chollor, and Melancholly, and cleanſeth the Breaſt, Lungs, Liver, and Reins, provokes Urine, and the Terms, kills Worms, helps pains in the Joynts, and cauſeth a good colour.

It is not good to be taken alone without Corrigents; therefore the Syrrup of Roſes, ſolutive with Agarick, is good to be taken; it cures the yellow Jaundies, and is excellent good for Agues, coming of thick Humours; for which take the Pills of Hyera with Agarick; it may be given with Oximel for Agues of all ſorts, and gripings of the Belly; it is good againſt ſhortneſs of Breath, the Ptiſick, and Conſumption; and half a dram thereof in Wine, is a good Antidote againſt poiſons.

Lavender. Lavendula.

THis needs no deſcription, there is a greater and a leſſer kinde of it; the Latine name of it is *Lavendula*: ſome call it Spike, becauſe it giveth a ſmell ſomewhat like Spikenard.

Place and Time.] It grows plentifully in our Gardens, and flowers about the beginning of *July*.

Nature and Vertues.] *Lavender is hot and dry in the third degree, of thin ſubtle parts; it is an herb of* Mercury: *the diſtilled water is comfortable for the Brain, and is good for the Palſie and cold diſeaſes of the Head, the Temples, Nape of*

of the Neck, and place behinde the Ears, being waſhed therewith; it is good againſt the Megrim and falling Sickneſs, and two or three ſpoonfuls being drunk, recovers loſt ſpeech.

A decoction of the flowers of Lavender, Horehound, Fennel, and Aſparagus roots, with a little Cynamon, is good againſt the Falling Sickneſs and Giddineſs of the Brain; it is good alſo for Convulſions, Apoplexies, Cramps, Lethargies, and gripings of the Body coming of cold; it helps the ſtoppings of the Milt, heats the Belly, provokes the Terms, and being holden in the Mouth, it helps Ulcers and pains in the Teeth: the water helps bliſters of the Mouth, being waſhed therewith; the ſmell thereof comforts the ſight: it is not to be uſed where the Body is full of Blood and humours. The leſſer Layender is good againſt diſeaſes of the Mother, for Women to be bathed with, and to help forward their Travel, and is good againſt venomous bitings. The chymical Oyl of Lavender, called Oyl of Spike, is good for the falling Sickneſs, Palſie, Gout, and aches of the Joynts being taken inwardly, and the parts anointed; but a few drops of it amongſt other things is ſufficient to be taken inwardly or outwardly.

Lavender Cotten. Chamæcypariſſus.

IT is an Herb well known in Gardens; it is called by ſome in Latine *Chamæcypariſſus*, and ſome take it to be the *Abrotanum Famina* of *Dioſcorides*; it flowers about *July*, or *Auguſt*.

Nature and Vertues.] *Both herb and ſeed are hot and dry in the third degree, the plant is alſo* Mercurial; *the ſeeds or the herb ſtamped and ſtrained with milk, and given faſting, kills Worms in the Belly, both of elder perſons as well as Children: half a dram of* Lavender Cotten *taken in Fetherfew water, every morning ten dayes together, is good to ſtay the Whites in Women, and the running of the Reins in men: the leaves drunk in Wine, is good againſt the Jaundies, and*

opens

opens the Liver and Kidneys; it is good againſt all venomous bitings, and the ſmell thereof drives away vermine. The decoction is good to help Scabs and Itch; it is good in Bathes and Oyntments, to help Buriſtneſs, Cramps, Convulſions, ſhrinking of Sinews, to provoke Urine, and womens Courſes.

Spurge Laurel. Laureola.

Deſcription. IT riſeth up with one, and ſometimes more ſtalks, about three foot high, with a whitiſh Bark, and branching into many ſtalks which are tough and pliant, the leaves are long and ſmooth, of a ſhining dark green colour, like bay-leaves, but leſſer, ſofter and ſmoother; at the joynts with the leaves toward the tops, come forth the flowers, ſet many together, long and hollow, of a whitiſh yellow green colour, after which comes round and ſomewhat long black berries when they are ripe, wherein lieth a black Kernel; the root runs deep into the ground, and ſpreadeth with tough white ſtrings, ſomewhat woody: the whole plant is very hot in taſte. It continues green all the year.

Names.] In Latine it is called *Laureola*; in Engliſh Spurge Laurel.

Place and Time.] There grows abundance of it in *Cobham Park* in *Kent*; ſome ſet it in Gardens: the berries be ripe about *June*.

Nature and Vertues.] *It is of a very hot and biting temperature, a churliſh Martial plant; fourteen or fifteen of the berries, or five or ſix of the leaves taken, purge ſlimy Phlegm and wateriſh humours, and is good for the Dropſie; but it purges very violently, and therefore muſt carefully be uſed: it provokes vomiting, procures womens Courſes, and eaſeth pains of the Chollick. It may be thus prepared, ſteep the leaves four and twenty hours in good Vinegar, then dry them, and drink their powder in wine with Anniſeeds, and Maſtick, or*

elſe

elſe in ſweet Whey, or Capon Broth. The doſe is ℥ii. *or* ℥i. *A Gliſter may be made of the flowers for the Dropſie in this manner,* ℞. *the flowers of Laurel* ℥ii. *roots of Polipody and Agarick, ana.* ℥i. ß, *Dodder* ℥iii. *boil them in Wine or Water to the conſumption of a third part, then take of the decoction* ℔. i. *of Benedicta laxativa,* ℥ß. *honey of Roſes* ℥i. *oyls of Rue, Camomile and Flower de Luce, ana.* ℥i. *ſal. gem.* ℥i. ß. *mix them for a Gliſter.*

Leeks *and Cives.* Porrum.

I Shall not need to deſcribe either of them, the Latine name of a Leek is *Porrum*; they grow plentifully in our Gardens: the Cives abide the coldeſt Winter.

Nature and Vertues.] *Leeks are hot and dry in the third degree, of ſubtle parts, one of* Mars *his plants, which infuſeth much valour into the Welſhmen; they are very unwholeſome, being eaten raw, but the boiling abates their evil qualities; whereby uſed in pottage, they are good for phlegmatick Bodies, and help the Chollick and Stone: the diſtilled water drunk morning and evening, a good draught or two, opens a coſtive Belly, helps pain of the Hips, purges the Kidneys and Bladder, provokes Urine, and helps to break the Stone. The ſeeds are good to kill worms in Children; they are alſo held good to expell rotten Phlegm from the Cheſt and Lungs. The juyce drunk with honey is good againſt the bitings of venomous Beaſts, and the herb ſtamped and laid thereon; being boiled and eaten often, they make women fruitful, and increaſe luſt in men.*

Lettice. Lactuca.

IT is a common Sallet, manured in our Gardens; there is alſo a wilde kinde called Lambs Lettice, or Corn Sallet.

Names.] *Lactuca* is the Latine name thereof; the place

I have told you already: it is ſown uſually in the Spring, and may be had all the year, if it be ſowne at ſeveral ſeaſons.

Nature and Vertues.] *Lettice is cold and moiſt almoſt in the third degree, a Lunar herb; it tempereth drineſs: and heat in the body, and increaſes milk in Nurſes who have hot dry bodies: it is good for a hot Stomach, and yields good nouriſhment to the body, it cauſeth ſleep and reſt, it looſens the belly, either raw or boiled; it helps digeſtion, quenches thirſt, and eaſeth pains of the Stomach and Liver that come of* Choller; *it abates luſt, and cools the Urine, which likewiſe doth the ſeeds and diſtilled water: the juyce of Lettice with Oyl of Roſes applyed to the forehead and Temples, eaſeth the Headache, and procures reſt; and applyed with Camphire to the Cods, it abates the heat of Luſt. The Lambs Lettice is a pleaſant Sallet to be eaten with Oyl and Vinegar.*

Liquorice. Liquèritia.

THe root is very well known, and it is needleſs to deſcribe the branches; *Liqueritia* and *Glycyrrhyza* are the Latine names thereof.

Place and Time.] It is planted in our Gardens, which yield the beſt Liquorice that is: it will flower in *July*, and yield a ſeed in *September*, if it be ſuffered to grow many years without removing.

Nature and Vertues.] *It is temperate in heat and moiſture, an excellent pectoral* Plant, Mercury *rules it; the root is a great opener of the* Pipes, *of the Lungs, it ripens a Cough, and brings forth* Phlegm; *it is good againſt the heat of the Mouth and Stomach, and quenches thirſt; being boiled in water with ſome Maidenhair and Figs, it helps a dry Cough, wheeſing and ſhortneſs of Breath, Hoarſeneſs, digeſts and expectorates Phlegm, and is good for all griefs of the Cheſt and Lungs, Ptiſick, and Conſumptions, it helps pain of the*

Reins

Reins, Strangury, and heat of Urine, The juyce of Liquorice diſſolved in Roſe-water with ſome Gum Trajacanth, is a fine Lohoch for Hoarſeneſs, Wheeſing, roughneſs in the Mouth and Throat; it expectorates tough Phlegm, and condenſates thin Rheumes which fall on the Lungs.

Lemon-Tree. Malus Limonia.

LEmons ſeldom come to maturity in our cold Countrey; therefore I ſhall not deſcribe the Tree, but proceed to the vertues of the fruit, which is well known to us.

Nature and Vertues.] *The rinde of Lemmons is hot in the firſt degree, and dry in the ſecond, and the juyce cold in the ſecond degree, and dry in the firſt; the Sun hath dominion over it: the juyce of Lemons drunk two or three times a week, in white or Rheniſh Wine, with ſome Sugar, ſtrengthens the heart, ſtomach, and head, reſiſts poiſon, expells melancholly, makes a ſweet Breath, and cleanſes the Reins and bladder, and helps to expel the Stone out of the Kidneys: it kills and drives forth worms out of the belly. An Angel of gold, or the weight thereof in leaf Gold ſteeped four and twenty hours in four ounces of the juyce of Lemons, and ſome of that juyce given in a Cup of Wine, with ſome powder of Angelica root, is very good to be given to ſuch as are infected with the Plague. The juyce is good in Fevers to quench thirſt, and ſo is the poſſet made of it. A water diſtilled in a glaſs from the pulp of Lemons, provokes Urine being drunk, and helps to break the Stone; it likewiſe cleanſes the skin, kills lice in the Head, helps running Scabs, and Wheals in the Skin. The ſeeds preſerve the Heart and vital Spirits from poiſon, and reſiſts infection of contagious diſeaſes.*

☞ See further in *Adam in Eden*: written by *Will. Coles*.

Lilly Convally. Lilium Convallium.

Deſcription. IT hath leaves ſomewhat like unto white Lillies, or rather thoſe of the ſmalleſt water Plantain; it hath a ſlender ſmall ſtalk, at the top of which grow little ſmall white flowers, like little Bells, with turned edges of a pleaſant ſmell; after which come ſmall red berries, much like the berries of Aſparagus, wherein the ſeed is contained: the root is ſmall, creeping far abroad in the ground.

Names.] *Lilium Convallium* is the Latine name; in Engliſh Lilly of the Valley, Conval Lilly, May Lilly, Wood Lillies, and Lilly Conſancy.

Place and Time.] It groweth upon *Hamſted Heath*, in *Cobham Park* in *Kent*, and many other places of this Land: it flowers in *May*, and the fruit is ripe in *September.*

Nature and Vertues.] *It is temperately hot and dry, an herb of* Mercury; *it cures the Apoplexy, and the flowers diſtilled with Wine, and a ſpoonful thereof given at a time, reſtoreth loſt ſpeech to them that have the dumb Palſie; it ſtrengthens the Brain, helps a weak Memory, comforts the vital Spirits, and is good againſt the Gout: the diſtilled water helps Inflammations of the Eyes. The flowers ſteeped in new Wine and drunk, helps trembling of the Heart, and other Members, and ſtops the ſpreading of the Leproſie. The flowers ſteeped in new Wine a moneth, and then the Wine diſtilled five times over in a Limbeck, is a precious water for the Apoplexy; being taken with a little Lavender water, and ſix grains of Pepper, it eaſes the Chollick, comforts the brain, and is good againſt the Falling Sickneſs; it likewiſe helps the Strangury, pricking about the Heart, and Inflammations of the Liver, and ſtayes the overmuch flowing of the Terms.*

☞ See further in *Adam in Eden*: by *W. Coles*,

Water

Water-Lilly. Nymphæa.

Deſcription. IT hath large round leaves, thick and fat, of a dark green colour, which ſtand upon long round ſpongy foot ſtalks, and alwayes float upon the water; there riſe alſo from the root other round ſtalks, each of them bearing a white flower, containing divers rowes of narrow white leaves, with many yellow thrums in the middle, ſtanding about a little head, which after the leaves are fallen off, becomes like a Poppey head, containing in it broad, blackiſh, oyley, and glittering ſeed, of a bitter taſte: the root is round, long, and tuberous, with many knobs thereat, looſe and ſpongy in ſubſtance, black without, and white within, faſtned with many ſtrings to the ground, under the bottom of the water. There is alſo another kinde which bears yellow flowers.

Names.] Both Latines and Greeks call it *Nymphæa*; it is called alſo in Shops *Nenuphar*; it is called in Engliſh Water Roſe, and Water Lilly,

Place and Time.] They grow alwayes in ſtanding Waters, and ſlow running Rivers, and very plentifully in *Holſhot River* in *Hampſhire*, my native ſoil, all along the River by *Danmore Mead*: They flower in *May*, and *June*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *The leaves and flowers are cold and moiſt, the ſeed and roots cold and dry, an herb of* Venus. *The decoction of the ſeed cools and bindes, reſtrains luſt, and nocturnal pollutions; but the frequent uſe thereof extinguiſhes motions to Venery: it is available for the Running of the Reins, and the Whites, and to cool the heat of Urine: the leaves cool Inflammations, and the decoction thereof helps the inward heats of Agues, being drunk; they alſo expell the After-birth, the ſyrup of the Flowers allayes the heat of Choler, and diſtempers of the Head, provokes ſleep, and help*

hot diſtempers of the Heart, Liver, Reins, and Matrix: the conſerve and diſtilled water worketh the ſame effects. The diſtilled water takes away ſpots, Sun-burning, and Freckles of the Skin. The oyl that is made of the flowers, helps the Head-ache, cauſeth ſleep, prevents Venereous dreams, and takes down the ſtanding of the Yard, the head and privities being anointed therewith; it alſo cures hot tumours, and the Inflammations of Ulcers.

Liver-wort. Lichen.

Deſcription. LIverwort groweth cloſe upon the ground, and upon ſtony places, ſpreading much upon it, with ſad green leaves, cleaving flat upon one another, unevenly cut in the edges, and crumpled; amongſt which ariſe ſmall ſlender ſtalks, an inch or two high at moſt, bearing ſmall ſtar-like flowers at the top: the roots are very fine and ſmall.

Names.] It is called in Latine *Lichen*, *Jecoraria*, and of ſome *Hepatica*; in Engliſh Liverwort.

Place and time.] Liverwort grows in moiſt and ſhadowy places, by the heads of Springs and Ponds, and ſometimes on the ſtones in the inſides of Wells; it is green all the year, and flowers in *June* and *July*.

Nature and Vertues.] *It is a plant of* Jupiter, *and under the ſign* Cancer, *by temperature cold and dry, and ſomewhat binding; it is very good to help all diſtempers of the Liver, and is effectually uſed in diet drinks for that purpoſe; it cools and cleanſes it, and helps Inflammations of that part, and the yellow Jaundies: being bruiſed and boiled alone in beer, and drunk, it cools the heat of the Liver and Kidneys, and helps the running of the Reins in men, and the whites in Women: it is good againſt Hectick Fevers, and all other Fevers and Agues, coming of Choller, and all other heats of the Liver, and takes away the cauſe of Scabs, Blains, and Bli-*

Bliſters; being ſtamped with Hogs Greaſe, and applyed, it heals Sores, Tetters, Ringworms, and fretting Ulcers.

☞ See further in *Adam in Eden*: written by *Will. Coles.*

Looſe-ſtrife, or Willow-herb. Lyſimachia.

Deſcription. THere are many kindes of it, I ſhall deſcribe onely the purple ſpike headed Looſe-ſtrife, which groweth with many wooddy ſquare ſtalks full of joynts, about three foot high, having two leaves at every joynt, like Willow leaves, but ſhorter, and of a deeper green colour, ſome of them being ſometimes browniſh; the ſtalks branch forth into many long ſtems of ſpiky flowers, half a foot long, growing in rundles one above another, out of ſmall husks, ſomewhat like the heads of Lavender, but far bigger, every flower conſiſting of five round pointed leaves, of a purpliſh violet colour, ſomewhat inclining to redneſs; in the husks lies the ſeed after the flowers are fallen: the root creeps under ground almoſt like Couch-graſs, but is greater.

Names.] The Latines call it *Lyſimachia*; in Engliſh Looſe-ſtrife, and Willow-herb.

Place and Time.] It groweth by Rivers, and Ditches ſides, and in wet grounds almoſt in every Countrey of this Land: the yellow Willow herb is more rare. They flower about *June* and *July*.

Nature and Vertues.] *They are all hot, dry, and binding, yet* Culpepper *ſaith they are cold, and aſcribes them to the Moon: the diſtilled water of both the purple and the yellow, is excellent good for green Wounds, being thus applyed; to every ounce of water, adde two drams of May Butter unſalted, as much Sugar and wax, boil them gently to an Ointment, then dip tents in the Liquor that remains after it is cold, and put*

them into the Wound, covering it over with a linnen cloth, doubled and anointed with the Oyntment: it alſo cleanſeth foul Ulcers. The diſtilled water very much preſerves the ſight, helps hurts and blowes in the Eyes, and cleareth them of duſt; it is good to gargle the Mouth and Throat therewith againſt the Quinzy and Kings Evil; it is alſo good to take away Warts and Scars of the Skin, it quencheth thirſt, is good to ſtay Fluxes of the Belly, the overflowing of Womens Courſes, and to bathe Sores and Ulcers of the privy parts.

Lovage. Leviſticum.

Deſcription. LOvage hath many long great ſtalks of large winged leaves, divided like ſmallage, but larger, of a dark green colour, ſmooth and ſhining, every leaf cut about the edges, and broader forward then toward the ſtalk; the ſtalks are green and hollow, towards the tops of them come forth other ſmaller branches, bearing at their tops large Umbels of yellow flowers, which turn into flat browniſh ſeed, like Angelica ſeed; the root is large, browniſh without, and white within: the whole Plant is of a ſtrong ſmell, and in taſte hot, ſharp, and biting.

Names.] It is called *Leviſticum* in Latine.

Places and Time.] It is an inhabitant of the Garden, flowers in *July*, and ſeeds in *Auguſt*.

Nature and Vertues.] *Lovage is a Solar herb, hot and dry in the third degree, and of thin parts; the dryed root in powder drunk in Wine, is good for a cold Stomach, conſuming ſuperfluous moiſture in the Stomach and Belly, and expelling winde, and helps digeſtion; it likewiſe reſiſts poiſon, and infection. The decoction of the root in Wine or Barley water, cleanſeth the Lungs, provokes Urine and Womens Courſes, and heals inward wounds. The decoction of the herb is good for any ſort of Ague, and to help cold pains of the Bowels. The ſeeds*

drunk

drunk in powder in white Wine faſting, or boiled therein, purges upwards and downwards, and opens the ſtoppings of the Spleen: take with the ſeeds the like quantity of Anniſeeds and Fennil ſeeds to qualifie them. The diſtilled water is good for the Quinzy, and helps the pluriſie, being drunk three or four times; it takes away the redneſs of the Eyes, and helps the dimneſs of them, being dropped therein, and takes away ſpots and Freckles of the face. The leaves bruiſed and fryed with Hogs Lard, and applyed to a Botch or Boil, will quickly break it.

Lungwort. Pulmonaria.

Deſcription. IT is a kinde of Moſs that grows on many Trees, eſpecially old Oaks, and Beeches, in dark ſhady old Woods; and upon the old Oaks in Foreſts grows abundance of it: it hath broad grayiſh rough leaves, diverſly folded, crumpled and gaſhed on the edges, and ſometimes ſpotted on the upper ſide: it bears no ſtalk nor flower.

Names.] *Pulmonaria* Phyſicians call it in Latine, and of ſome *Lichen Arborum*, or wood Liverword, and tree Lungwort.

Nature and Vertues.] *It is of a cold and dry quality, but I ſuppoſe that* Jupiter *rules it; it is very effectual for all diſeaſes of the Lungs, for all obſtructions, Ulcers, and inward inflammations of the ſame, and alſo for Coughs, Wheeſing, ſpitting and piſſing of Blood: it is good for Ulcers in the privy parts, to ſtay Fluxes, Looſeneſs, and Vomiting, the bloody Flux, and other Scowrings, eſpecially if they proceed of Choller.*

Lupines. Lupinus.

Deſcription. THey grow onely in Gardens here where they are planted; therefore I ſhall not further deſcribe them. *Lupinus* is the Latine name, and

Lupines in Engliſh, and of ſome they are called Fig beans, being flat, like a Fig that is preſſed: they flower in *June* and *July*, and the beans are ripe quickly after.

Nature and Vertues.] *Lupines are very bitter in taſte; by reaſon of their bitterneſs they open, diſſolve, digeſt, and cleanſe. I ſuppoſe they are under the dominion of* Mars: *the decoction thereof is good for the Spleen, being taken with Rue and Pepper it will be the pleaſanter; but if they be ſteeped two or three dayes in water, they loſe their bitterneſs: The ſaid decoction is good to kill worms, and ſo is the meal taken with Honey, or water and Vinegar, or mixed with an Oxe gall, and applyed to the Navel: they alſo cleanſe the Stomach, help digeſtion, and provoke appetite, being firſt ſteeped in water, and then dryed and powdered, and taken with Vinegar. The decoction alſo provokes Urine, and womens Courſes, and being taken with Myrrhe, it expells a dead Childe; it is alſo good to cleanſe Scabs, Ulcers, Morphew, and Tetters, and cleanſeth the Face and Skin from ſpots and other marks. The meal boiled in Vinegar, diſcuſſeth hard Swellings, breaks Carbuncles and Impoſthumes.*

☞ See more of this in *The Expert Doctors Diſpenſatory:* by *P. Morellus.*

Ladies Smock, Cuckow Flowers, or wilde Water Creſſes. Cardamine.

THoſe kindes of theſe flowers which grow naturally with us in *England*, are a kinde of Watercreſſes; for which cauſe they are called *Naſturtium aquaticum minus*, and alſo *Flos cuculi*, becauſe they flower in *April* about the time the Cuckow uſes to ſing without hoarſeneſs; but for the Vertues if they have any, they are of the nature of Water Creſſes, to which I refer you.

White

White Lillies. Lilium.

THe Engliſh white Lilly groweth in moſt Gardens of *England*, and will increaſe much by the root where it is planted: it is ſo vulgarly known, as needs no further deſcription. They flower from *May* to the end of *June*.

Names.] The white Lilly is called in Greek κρίνον, in Latine *Lilium*, and *Roſa Junonis*, or *Juno's* Roſe, it being reported that it ſprung up of her milk which ſhe ſpilt upon the ground, after *Hercules* had ſucked her in her ſleep.

Nature and Vertues.] *The white Lilly is hot, partaking of a ſubtil ſubſtance, the root dry in the firſt degree, and hot in the ſecond: the leaves boiled in red Wine, and applyed to old Wounds, or Ulcers, doth them much good in expediting the cure, as ſaith* Gallen. *The diſtilled water being drunk, cauſeth eaſie deliverance, and expelleth the After-birth, ſaith* Alexandrinus. *The flowers ſteeped in oyl Olive, and ſet in the Sun in Summer in a glaſs, and repeated two or three times, is good to harden the ſoftneſs of the Sinews, and help the hardneſs of the Matrix. The root ſtamped and ſtrained with Wine, and drunk two or three dayes together, expelleth the Peſtilence, cauſing it to break out: and the juyce thereof tempered with barley Meal, and baked in Cakes and eaten ordinarily for a moneth or ſix weeks together, forbearing all other bread in the mean time, helps to the cure of the Dropſie: the ſame root roaſted in the Embers, and ſtamped with ſome leaven of Rye Bread and Hogs greaſe, breaketh Plague Sores, and Peſtilential Botches, and ripens Venerial Impoſthumes, and Buboes in the Flank, or elſewhere. The ſame root ſtamped with Honey, and applyed, gleweth together Sinews that be cut; it conſumeth and cleanſeth away the Ulcers of the head, called Achores, and all ſcurvineſs of the Beard and Face; and being ſtamped with Vinegar, Henbane Leaves, or Barley Meal, it cures Humours and Impoſthumes of the privy parts.*

Laſer-

Laſerwort, and its Aſſa Fætida. Laſerpitium.

THis is an Outlandiſh Plant, growing in *Syria*, *America*, and *Libia*. There iſſueth a Gum or liquor out of the ſame, called Laſer; but that which is gathered from thoſe Plants in *Media* and *Syria*, is that ſtinking Gum, called in our Shops, *Aſſa Fatida*, which is good to be applyed unto the Navels of ſuch Women as are troubled with the riſing of the Mother, and for them to ſmell unto for that purpoſe: the reaſon whereof you may read in my *Womens Counſellour*. The root of *Laſerpitium* is hot and dry in the third degree, and ſo is Laſer. *The root well pounded with Oyl, ſcattereth clotted Blood, cureth the Kings Evil, and takes away black and blue marks, that come by ſtripes or bruiſes, the places being anointed or plaiſtered therewith. The ſame root chewed in the Mouth, aſſwageth the Tooth-ache. A plaiſter made thereof with the oyl of* Ireos *and Wax, is good to help the Sciatica. The Laſer or Gum of* Laſerpitium *diſſolved in Water, and drunken, taketh away a ſudden Hoarſeneſs; being ſupt up with a rear Egge, it cures the Cough, and taken in broth is good againſt an old Pluriſie; being taken with dryed Figs, it cureth the Jaundies, and Dropſie. A ſcruple thereof taken with a little Pepper and Myrrhe, is good againſt the ſhrinking of Sinews, and taken with ſyrrup of Vinegar, it is good againſt the Falling Sickneſs. The ſame drunk in Wine with Pepper and Frankincenſe, is good againſt the ſhakings of Agues; being applyed with Copperas and Verdigreaſe, it takes away ſuperfluous out-growings of the Fleſh, Polypus in the Noſe, and mangineſs; and applyed with vinegar, pepper, and wine, it cures the Scurf of the Head, and hinders the falling off of the Hair.*

Lignum Aloes, Vide *Xylo-Aloe*.

White

White Maiden-hair, or Wall Rue. Ruta Muraria.

Deſcription. IT brings forth many ſmall round ſlender leaves, cut into two or three parts, very hard in handling, on the outſide ſmooth and green, and of an ill-favoured dead colour underneath, ſet with little fine ſpots: the root is black, and full of ſtrings.

Names.] Its called in Latine *Ruta muraria*, and *Salvia vitæ*; in Engliſh Wall Rue, Stone Rue, or white Maiden-hair.

Place and Time.] It grows upon old Walls near unto Waters and Wells, is green as well Winter as Summer, and beareth neither flower nor ſeed.

Nature and Vertues.] *Wall Rue is much like the other Maiden-hair, both in temperature and vertue; it is commended againſt Ruptures in young Children, and affirmed to be good if the powder be taken continually for forty dayes together; it is likewiſe good for the Cough, ſhortneſs of breath, pains and ſtitches in the ſides: the decoction of it being drunk, digeſteth raw humours, which ſtick in the Lungs, takes away the pain of the Kidneys and bladder, gently provokes Urine, and expelleth the Stone.*

☞ See further of this in *Culpeppers School of Phyſick*, *Sweet Maudlin*, Vide *Alecoaſt.*

Dogs Mercury. Cynocrambe.

Deſcription. IT is like the Garden Mercury, but that the leaves hereof are greater; the ſtalk not ſo tender, but very brittle, growing about half a yard high, having no branches at all: the flowers are ſmall and yellow.

Names.] Dogs Mercury is called in Greek Κυνοκράμβη; in

in Latine *Cynocrambe Canina, Mercurialis Sylveſtris*; in Engliſh Dogs Cole, and Dogs Mercury.

Place and Time.] It grows about *Green Hithe* and *Graveſend* in *Kent*, and about *Hamſted* near *London*, and in many Woods, Copſes, and Borders of Fields; flouriſhes all the Summer.

Nature and Vertues.] *Dogs Mercury comes near the other Mercury in Nature and quality, though ſeldom uſed: it is alſo reported to cure the biting of mad Dogs, from whence it is thought to obtain the name of Dogs Mercury.*

Naile-wort, Vide *Whitlow-graſs.*

Madder. Rubia Tinctorum.

Deſcription. THere be ſix kindes, whereof I ſhall deſcribe the Garden Madder, which ſhoots forth many ſtalks ſtanding upright at firſt, and ſo continue if they be kept cut; but if they grow without cutting, they become weak, and trailing upon the ground, unleſs they grow by ſome hedge, and then they climb thereon, being four ſquare, rough, and full of joynts, at every of which come forth long and ſomewhat narrow leaves ſtanding about the ſtalks, like the rowel of a Spur; at the tops whereof come forth many ſmall, pale, yellow flowers, after which come ſmall round heads, green at the firſt, and reddiſh afterward, but black when they are ripe, wherein is contained the ſeed: the root is long, growing deep, and creeping far about the ground, fat, full of ſubſtance, and of a very clear red colour.

Names.] In Latine it is called *Rubia Tinctorum*; in Engliſh Madder.

Place and Time.] It is manured in Gardens, and flowers in *June* and *July*, and the ſeed is ripe in *Auguſt.*

Nature and Vertues.] *Madder roots are hot in the ſecond degree, and dry in the third, an Herb of* Mars; *it hath an open-*

ſpening quality, and alſo a binding. The decoction in Wine provokes Urine, Womens Courſes, and alſo brings away the Birth and After-birth; it cures the Jaundies, purges melancholly, and opens the Spleen and Gall: it is good for inward bruiſes, and to diſſolve congealed Blood; wherefore it is much uſed in Wound drinks, and is good for the Dropſie, Palſie, Sciatica, and Hip-Gout: the ſeeds taken with Vinegar and Honey, helps hardneſs, and ſwelling of the Spleen. The decoction with Allome and Honey, helps Ulcers of the Mouth. The juyce or decoction helps venomous bitings, and preſerves the body from putrefaction. The freſh roots bruiſed and applyed, helps diſcolouring of the Skin, as the Morphew, and Freckles. The juyce of the root eaſes pains of the Ears, being dropped therein, it is ſaid alſo to ſtay the Reds in Women, and the Bloody Flux: Give it not to women with Childe, nor often to hot and dry bodies, and then the doſe is about ℈ii. in powder, and half an ounce in decoction.

Maidenhair. Capillus Veneris.

THere is ſeveral kindes hereof reckoned up amongſt Herbariſts; here we ſhall mention onely three, Engliſh Maidenhair, Wall Rue, or white Maidenhair, and golden Maidenhair.

Deſcription.] Common Maidenhair doth from many hard black fibres ſhoot forth many blackiſh ſhining brittle ſtalks, ſcarce a ſpan long at the moſt, ſet on each ſide with ſmall round dark green leaves, ſpotted on the back of them.

Names.] *Capillus Veneris* is the uſual Latine name; the Wall Rue is called *Ruta muraria*, and the Golden Maidenhair *Adiantum Aureum.*

Place and Time.] Maiden hair groweth much upon old Stone Walls, by Springs, and in rocky ſhadowy places; it is green all the Winter, but never yields any flower.

Nature

Nature and Vertues.] *It is in a mean between heat and coldneſs, it doth dry, make thin, and waſte away, as* Gallen *ſaith: All the kindes are under* Mercury, *and alike in Temperature and faculty. A Lye made of Maidenhair is good to cleanſe the head from Scurf, and keep the hair from falling; it is good againſt all diſeaſes of the Breaſt and Lungs, Liver, and Reins, the decoction of the herb being drunk; it helps the Cough and ſhortneſs of Breath, yellow Jaundies, diſeaſes of the Spleen, provokes Urine, and the Courſes; and yet being dry, it ſtayes Bleeding and Fluxes of the Stomach and Belly; but being green, it looſeneth and drives Choller and Phlegm from the Stomach and Liver, and cleanſeth the Lungs, and the Blood: they are ſaid to be good againſt venomous bitings, the Kings Evil, and other hard ſwellings: and the powder drunk conſtantly forty dayes together, is good for Ruptures in Children.*

☞ See more of this in *Adam in Eden:* written by *Will. Coles.*

Mallows. Malva.

MAllows and Hollihocks too which are a kinde of them are ſo commonly known, they need no deſcription.

Names.] Mallows are called in Latine *Malva*, which name moſt think it obtained, becauſe it ſoftens the Belly, and hard tumours.

Place and Time.] They grow plentifully in every County: they flower about *June* and *July.*

Nature and Vertues.] *To* Venus *they are all aſcribed: The common mallows are moderately hot and moiſt: they are to be preferred before the Hollyhock. Mallows are generally held to make the Belly ſolluble, they increaſe milk in Nurſes, being uſed in pottage, or boiled and buttered as other Sallets: being applyed pultis-wayes they aſſwage hardneſs of the Breaſts,*

and

and other Tumours, Inflammations, Impoſthumes, and Swellings of the Cods, and hardneſs of the Liver and Spleen, a Pultis being made with ſome Bean or Barley Flower, and oyl of Roſes added to them. The decoction of the leaves and roots with Parſley, and Fennel Roots, in Wine, Water, or Broth, do open the Body, and are good in hot Agues, and Chollerick Diſtempers. The decoction of the ſame, and of the ſeeds in milk or Wine, help excoriations of the Bowels, Ptiſick, Puriſie, and other diſeaſes of the Cheſt and Lungs coming of hot cauſes: it likewiſe procures ſpeedy delivery to women: the leaves bruiſed with a little honey and applyed to the Eyes, helps impoſtumations of them. The head waſhed with the decoction, takes away Scurf, Dandriff, helps dry Scabs, and the falling off the hair; it is alſo good againſt Scaldings, Burnings, hot and painful ſwellings in any part of the Body. The decoction of the flowers in Water, having a little honey added to it, is good to gargle a ſore mouth. Pliny *ſaith, that whoſoever ſhall take a ſpoonful of the juyce of any of the Mallows in a morning, ſhall that day be free from all diſeaſes, and it is eſpecial good for the falling Sickneſs. The Syrrup and Conſerve of the flowers is effectual for the ſame diſeaſes.*

Marſh-Mallows. Althæa.

Deſcription. MArſh-Mallows riſeth three or four foot high with divers ſoft hairy white ſtalks, ſpreading forth many branches; the leaves are ſoft, hoary, or wooly, leſſer then Mallow leaves, but longer pointed, cut for the moſt part into ſome few diviſions not very deep: the flowers are much like the common Mallows, but not ſo big, nor ſo red, but commonly white, or tending to a bluſh colour; after which come caſes, and ſeed like the other. The roots are many and long, ſhooting from one head of the bigneſs of ones finger,

ger, very pliant, rough, and bending like Liquorice, whitiſh on the outſide, but whiter within.

Names.] The Latines from the Greeks have gotten it the name of *Althæa*; it is alſo called *Biſmalva*, being twice as good in effects as any other; in Engliſh Marſh-Mallow, from the places where it grows.

Place and Time.] It groweth in Marſhes, and Moors; as in the ſalt Marſhes from *Woolwich* to the Sea, both on the *Eſſex* and *Kentiſh* Shores: they flouriſh in *July* and *Auguſt*, continuing flowring till the Froſt kills the ſtalks, ſpringing freſh every ſpring; at which time the roots are fitteſt to be gathered for phyſical uſes.

Nature and Vertues.] *Marſh Mallows are moderately hot, but dry in the firſt and ſecond degree, of a ſoftning quality, the roots and ſeeds are more dry, and of thinner parts; it is likewiſe an herb of* Venus: *They abound with a ſlimy viſcous juyce, whereby they are excellent good againſt excoriations of the Guts, Reins, Bladder, and Yard; it openeth the ſtrait paſſages, and makes them ſlippery, eaſing thereby the pains of the Stone: it alſo helps diſeaſes of the Breaſt and Lungs, as Coughs, Hoarſeneſs, and Pluriſie; it is good for thoſe that are troubled with Ruptures, Convulſions, or Cramps: the decoction or ſyrrup being drunk, is good for all the ſaid diſeaſes. The dryed Roots boiled in milk and drunk, are good for the Chin Cough. The decoction of the roots in Wine are good for inward Bruiſes, Pains, and Aches in the Muſcles. The leaves and roots are of excellent uſe in decoctions for Gliſters to eaſe gripings in the Belly, and pains in the Reins and Bladder; being boiled in wine and applyed, they help ſwellings in Womens Breaſts, in the Throat, and other Inflammations. The muſcilage of the Roots, and of Linſeed and Fenugreek together, is good in Pultiſſes and Oyntments to molliſie hard Tumours, and digeſt inflammations. The root boiled in Vinegar and holden in the Mouth, eaſeth the Tooth-ache. The leaves*

applyed

applyed with oyl, helps Burnings, Scaldings, and bitings of Men or Dogs; all ſorts of Curns, and againſt the ſtinging of Bees and Waſps: the oyntment of Marſh Mallows doth mollifie heat, and moiſten, and is good againſt the Pluriſie, and other pains of the Sides and Breaſt.

Maple Tree.

IT is a Tree well known to Turners, who uſe the Timber of it: it is ſaid to be under the dominion of *Jupiter*, and a ſtrengthner of the Liver: *The decoction of the leaves or Bark being uſed, ſtrengthens the Liver, and opens obſtructions of the Liver and Spleen: but I believe it is not much experienced, if at all.*

Wilde and Sweet Marjoram. Marjorana.

Deſcription. SWeet Marjoram is very well known, and the Field Marjoram is very like it; but we ſhall deſcribe the wilde: It hath a root which creepeth much under ground, and continueth a long time, ſending up ſundry browniſh hard ſquare ſtalks, with ſmall dark green leaves, like ſweet Marjoram, but harder and broader: at the tops of the ſtalks ſtand tufts of flowers of a deep purpliſh red colour: the ſeed is ſmall and ſomewhat blacker then that of ſweet Marjoram.

Names. In Latine it is called *Amaracus*, and *Marjorana*; in Engliſh Sweet Marjoram, and Marjoram gentle; and the wilde kinde Organy, Origanum, and baſtard Marjoram.

Place and Time.] The ſweet grows onely in Gardens, the wilde kinde in borders of Corn Fields and Paſtures in ſundry places of this Land: It flowers about *July* and *Auguſt*.

Nature and Vertues.] *They are all Herbs of Mercury; the common Sweet Marjoram is hot and dry in the ſecond de-*

gree; it is comfortable in cold Diseases of the Head, Stomach, Sinews, and other parts, taken inwardly; and outwardly applyed, it digesteth, openeth, and strengtheneth, comforts the Brain, helps the Memory, and is good against the Apoplexy: the Head being washed with a Lye made of it, eases grievous pains thereof; it helps coldness of the Stomach and digestion, being given in powder in wine. The oyl of it is good to supple, warm, and stretch forth stiff Joynts, and hard Sinews; it helps cold griefs and windiness of the Womb, and the dead Palsie, the back Bone being anointed with it; it helps Spasmus Cynicus, *which is a wrying of the mouth aside, being snuffed up into the Nose; it is a gallant Oyl to strengthen the Muscles, and other parts of the Body; it helps noise of the Ears, being dropped into them. The decoction of this Herb is good in the beginning of a Dropsie, it heats the inward Members, softens the Milt, and asswageth the swelling of it; it helps those that cannot make water, and easeth pains of the Belly. The powder of the leaves snuffed up into the Nose, stayes Rheume, cleanses and warms the Head. The flower and herb being put into a fine Bag and applyed to the Stomach, easeth pains thereof.*

Marigolds. Calendula.

THis well known herb needs no description.

Names.] It is called in Latine *Calendula*, and of some *Caltha*; in English Marigolds, and Ruds.

Place and Time.] I think there are few Gardens without them; they flower all Summer, and in Winter too, if it be milde.

Nature and Vertues.] *Marigold flowers are hot almost in the second degree, especially being dryed; it is a Solar Herb, and under the sign* Leo, *a great comforter of the Heart; and though it be so plentiful, (and therefore less regarded) it is not much inferiour to Saffron: The Marigold Flowers resist poison, and are good in contagious Fevers, and the Jaun-*

dices

dies, and are very expulſive; and therefore effectual in the Small Pox and Meaſles: they provoke Sweat, and Womens Courſes, and expell the After-birth. The Conſerve of the Flowers is very good againſt corrupted Air, and in time of Peſtilence to prevent Infection; it helps the trembling of the Heart being taken morning and evening. The flowers uſed in Poſſets or Broth, either green or dry, do comfort the Heart and Spirits, and expell Peſtilential qualities that might annoy them. The Juyce taketh away Warts, being waſhed therewith, and helps the Tooth-ache; and being mixed with vinegar, and a hot ſwelling bathed therewith, aſſwages it, and gives eaſe; and being dropped into the ears, it kills worms therein. The diſtilled water is good for ſore Eyes, and a Plaiſter made of the dry flowers in Powder, Hogs Greaſe, Turpentine, and Roſin, and applyed to the Breaſt, comforts and ſtrengthens the Heart in Feavers very much.

☞ See further in *The Expert Doctors Diſpenſatory*: by *P. Morellus.*

Maſterwort. Imperatoria.

Deſcription. IT hath divers great broad leaves divided into many parts, ſtanding three together for the moſt part upon a foot ſtalk, being ſomewhat broad, and cut in on the edges into three or more diviſions, all of them dented about the brims, of a dark green colour much like Angelica; amongſt which riſe up two or three ſhort ſtalks about two foot high, and ſlender, with ſuch leaves at the Joynts as grow below, but leſſer, bearing Umbels of white Flowers, and after them ſmall thin flat blackiſh ſeed, bigger then Dill ſeeds. The root is ſomewhat great, and groweth rather ſide-wayes then down right into the ground, and is the hotteſt and ſharpeſt part of the plant, and the ſeed next unto it being ſomewhat on the out-ſide, and ſmelling well.

Names.] It is called *Imperatoria*, Maſterwort, and falſe Pellitory of Spain,

Places and Time.] It is uſually kept in Gardens with us; flowers and ſeeds about the end of *Auguſt.*

Nature and Vertues.] *The root of Maſterwort is hot in the third degree, and of ſubtle parts, an herb of* Mars: *The dried root chewed in the mouth, draweth Rheume from the head, eaſing pains of the Head and Teeth, and draweth away Defluxions of Rheume upon the Lungs, or Eyes; it diſſolves winde, and is good in cold griefs of the Stomach and Body; it provokes Urine, helps to break the Stone, and expells Gravel; it is good againſt the ſuffocation of the Mother, drives down the Courſes, and expells a dead Childe; it is good againſt the Dropſie, Cramp, and falling Sickneſs; it provokes Sweat, and is good againſt all cold Poiſons. The juyce dropped, or Tents wet therein and applyed to green Wounds, or old fretting Ulcers, doth ſoon cleanſe and heal them; it is likewiſe good for the cold Gout.*

Maſtick Tree. Lentiſcus.

THis Outlandiſh Tree I ſhall not deſcribe, but onely ſum up the Vertues of its Gum, called Maſtick. The Tree is called in Latine *Lentiſcus*, the Gum *Reſina Lentiſcina*, Maſtiche, and Maſtix.

Maſtick is very good for the Tooth-ache, being ſteeped in Roſe water, and the Mouth waſhed therewith; it faſtens looſe Teeth, and ſtrengthens the Gums: being held or chewed in the Mouth, it draws away phlegm, and cauſes a ſweet Breath; it cleanſes and dryes up Ulcers and Sores, being uſed in plaiſters and oyntments; it ſtrengthens and comforts the Stomach, mollifies Tumors, and eaſes pains of the Joynts and Sinews: for all which purpoſes the chymical oyl is moſt effectual; being taken inwardly, it ſtayes Vomiting, and brings good digeſtion; it ſtops the Flux of the Belly, and taken with ſyrrup of Colts-

foot,

foot, it helps Coughs; it is a good corrigent in ſtrong purging Medicines, abating their acrimony or ſharpneſs.

Sweet Maudlin, Vide *Alecoaſt, or Coſtmary.*

Mechoacan and Jalap. Mechoacana.

THis plant groweth in the Weſt Indies, there are two kindes, white and black; they are both hot in the firſt degree, and dry in the ſecond, of an airy ſubſtance, and alſo an earthly quality.

Mechoacan is effectual for the Dropſie, purging water and phlegm, and ſtrengthens the Liver; it purgeth the Brain and Nerves, and is good for a long continued Head-ache; it helpeth pains in the Joynts, and alſo in the Bladder and Reins, by provoking Urine; it expells Winde, eaſeth the Chollick, and pains of the Mother: it is ſaid to have all the Vertues that are either in Agarick, or Rhabarb, and therefore is commended in the French Pox, Kings Evil, Scurvy, and Gout, and in inveterate Agues, and alſo in the Falling Sickneſs, Catharre, old Cough, ſhortneſs of Breath, Jaundies, and ſtoppings of the Liver and Spleen; it may be given to Children a ſcruple, or a ſcruple and a half of the powder in white Wine; to ſtrong bodies a dram or two. Jalap purgeth Phlegm, Choller, and Melancholly, and watry humors. The doſe thereof may be a dram in white Wine, with a little Anniſeeds and Ginger to correct it; otherwiſe it troubles the Stomach, making it ſubject to Vomit.

Meadſweet, Vide *Queen of the Meadows.*

The Medlar Tree. Meſpilus.

THis Tree is generally well known, being a companion in Orchards and Gardens amongſt other fruit Trees: it is called *Meſpilus*, and the fruit *Meſpilum* in Latine: the Tree in Engliſh is called the Medlar, or Open-arſe Tree, and the fruit Mediars and Open-arſes.

They flower in *May*, and the fruit is ripe about *Michael-*

chaelmas; and then when they are gathered, they muſt lye till they are rotten before they be fit to eat.

Nature and Vertues.] *Both leaves and fruit of the Medlar Tree are cold, dry, and aſtringent, a plant of* Saturn. *The decoction of Medlars is good to gargle the Mouth and Throat, it ſtayes defluxions of humors, which might cauſe pains and ſwellings there; it is alſo good to drink, and to bathe the Stomach warm, that is ſubject to loathing or vomiting, for it fortifies digeſtion, and ſtrengthens the retentive faculty: A pultis or a plaiſter may be made for the ſame purpoſe with dryed Medlars, mixed and beaten together with the juyce of red Roſes, a few Cloves, Nutmegs, and a little red Corral. The ſaid decoction is a good bath for women to ſit in whoſe courſes flow overmuch, and to ſtay the bleeding of the Piles. The powder of the leaves is good to ſtay the bleeding of freſh Wounds. The ſtones bruiſed to powder, and drunk in liquor wherein ſome Parſley roots have been ſteeped all night, or a little boiled, doth expel ſtones and gravel from the Kidneys. The fruit is good to ſtay womens longings, and is good for thoſe that are apt to miſcarry.*

Melilot. Corona Regia.

Deſcription. COmmon Melilot ſpringeth up with many green ſtalks about half a yard high, or more, from a tough, long, white root, which dyeth not every year, ſet round about at the Joynts, with ſmall and ſomewhat long, ſtrong, and well ſmelling leaves, ſtanding three together, dented about the edges unevenly: the flowers are yellow, and well ſcented, ſtanding in long ſpikes one above another a hand breadth long or better; after the flowers come long crooked Cods, wherein are contained browniſh flat ſeeds.

Names.] The Latines call it *Corona Regia*, becauſe the flowers crown the tops of the ſtalks, but it is generally called

called *Melilota*, from the Greek; and in Engliſh Meliot, Kings Claver, and Harts Claver, becauſe Deer delight to feed upon it.

Place and Time.] It is found plentifully in many places of this Land, in Corn Fields, the Corners of Meadows, and by Ditches ſides.

Nature and Vertues.] *It is a Plant of* Mercury, *and hath mixt qualities like him, binding, and yet digeſting, and the hot faculty abounding more therein then the cold. The ſeed thereof applyed with Linſeed, Fenugreek, and Camomile flowers, aſſwages Tumors, and hard ſwellings, provokes the Courſes, opens obſtructions of the Veins, and ſtrengthens the parts. The compound Plaiſter of Melilot is effectual to diſſolve Tumors, windineſs, and ſwellings of the Spleen, Liver, and Belly; it eaſes the Hypocondria, or any other pain, and is good for the Rickets. The other Plaiſter of* Melilot *is good to draw ſuch ſores and wounds as need cleanſing. The juyce dropped into the ears, eaſeth pains of them, and being dropped into the eyes, it clears them of pearls and ſpots, and takes away the Web, and clears the ſight; being ſteeped in Roſe water and vinegar, and applyed, it eaſeth the Head-ache; it mollifieth all Tumors and Inflammations either in the privy parts, or other places of the body, being boiled in wine and applyed, and ſometimes the yolk of a roaſted Egge, or the powder of Linſeed, Fenugreek, Poppy ſeed, Endive, or fine flower is added to it. The flowers of Melilot and* Camomile *are much uſed in Gliſters to eaſe pains, and expel winde, and likewiſe in pultiſſes to aſſwage Swellings and Tumors; being boiled in water, it helps Wens, and running Ulcers of the Head, being applyed with Chalk, Wine, and Galls: it is effectual for thoſe who have ſuddenly loſt their ſenſes by any fit, and to ſtrengthen the Memory, and comfort the Head and Brain; to preſerve them from pains, and the Apoplexy, the head being often waſhed with the diſtilled water of the Herb and Flowers, or with a Lye made thereof.*

French and Dogs Mercury. Mercurialis.

Deſcription. BOth theſe kindes of Mercury have a male and a female. The French Mercury riſeth up with ſquare green ſtalks, full of Joynts, about two foot high, with two leaves at every joynt, and branches on both ſides the ſtalks, with freſh green leaves ſomewhat broad and long, finely dented about the edges. In the male at the Joynts towards the tops of the ſtalks and branches, come forth two ſmall round green heads, ſtanding together upon a ſhort foot ſtalk, which growing ripe are the ſeeds, without yielding any flower: The ſtalk of the female is longer, and of a ſpike faſhion, ſet round about with ſmall green husks, which are the flowers, made like ſmall branches of Grapes which yield no ſeed, but continue long upon the ſtalks: the root conſiſts of many fibres, which dyeth every Winter, and ſprings again of its own ſowing.

The Dogs Mercury hath many ſtalks ſmaller and lower then the other, and without branches; the male hath two leaves at every joynt, ſomewhat greater then the female, more pointed and harder; at the joynts with the leaves come forth longer ſtalks then the former, with two round hairy ſeeds on them, twice as big as thoſe of the other Mercury; from the joynts of the female come forth ſpikes of flowers like the female French Mercury. The root is fibrous, yet abideth the Winter, the ſtalks dying down to the ground, and ſpringing every year.

Names.] It is known in Latine by the name of *Mercurialis*, and the dogs Mercury, *Mercurialis Canina*, and *Cynocrambe.*

Place and Time.] The French Mercury grows in *Kent*, and divers other places of this Land. The Dogs Mercury grows

grows by hedges ſides in many places: they flower and ſeed in the Summer moneths.

Nature and Vertues.] *Mercury is hot and dry about the ſecond degree, having a cleanſing and digeſting faculty:* Mercury *claims it for his names ſake.*

Mercury is much commended for Womens Diſeaſes; the ſecret parts being fomented therewith, it eaſeth the pains of the Mother; the decoction thereof being taken, procures the Terms, expells the After-birth; it is alſo good for the Strangury, and diſeaſes of the Reins and Bladder. Hypocrates *commendeth it for ſore and watry Eyes, deafneſs and pains in the Ears, by dropping the juyce thereof into them, and bathing them afterwards in white Wine: the juyce taken in Broth or drink, or the decoction of the leaves with a little Sugar, purgeth chollerick and wateriſh humors: Broth made thereof with a Cock Chicken is good againſt hot fits of an Ague, and cleanſeth the Breaſt and Lungs of phlegm; but is a little offenſive to the Stomach. The juyce or water thereof ſnuffed up into the noſtrils purgeth the Head and Eyes of Rheume, and Cathars. Two or three ounces of the diſtilled water with a little Sugar taken faſting, opens and purgeth the body of groſs viſcous and melancholly humors.* Mathiolus *ſaith, That the ſeed of the male and the flowers of the female Mercury boiled with Wormwood and drunk ſpeedily, cures the yellow Jaundies. The leaves or juyce rubbed upon Warts, takes them away. The juyce mixed with vinegar, helps the Itch, running Scabs, Tetters, and Ring-worms, being applyed pultis-wiſe to Swellings, and Inflammations, it digeſteth the humors which cauſe the ſame. It is commonly uſed amongſt other things in Gliſters to evacuate the Belly from offenſive humors. Dogs Mercury may be likewiſe uſed to purge wateriſh and melancholly humours in the ſame manner as the former.* There are ſome fables reported of this Plant which I ſhall forbear to relate.

Mil-

Mill-Mountain. Linum ſylveſtre.

Deſcription. I Am induced to publiſh this plant, by the commendation I have had of it from ſome ſpecial friends who have found ſingular uſe of it, and commend it to do all things which *Sena* doth. The deſcription *Gerrard* reports to have had from a friend of his called Mr. *Goodyer*, which is as followeth.

It riſeth up from a ſmall white threddy crooked root, ſometimes with one, but moſt commonly with five or ſix, or more round ſtalks, about a foot or nine inches high, of a brown or reddiſh colour, every ſtalk dividing it ſelf near the top from the middle upward into many branches or parts of a greener colour then the lower part of the ſtalk; the leaves are ſmall, ſmooth, of colour green, of the bigneſs of Lentil leaves, and have in the middle one rib, or ſinew, and no more, that may be perceived, and grow along the ſtalk in good order by couples, one oppoſite againſt the other: at the tops of the ſmall branches grow the flowers, of a white colour, conſiſting of five ſmall leaves apiece; the nails whereof are yellow: in the inſide are placed ſmall ſhort chives alſo, of a yellow colour; after which come up ſmall little knobs or buttons, the top whereof when the ſeed is ripe, divides it ſelf into five parts, wherein is contained ſmall ſmooth flat ſlippery yellow ſeed, when the ſeed is ripe the herb periſheth; the whole herb is of a bitter taſte and herby ſmell.

Names.] *Gerrard* ſaith when he firſt found this plant, he inſerted it in his Catalogue amongſt the kindes of Lines or Flaxes, and called it *Linum ſylveſtre puſillum candidis floribus*, until he had a further relation thereof from Mr. *Goodyer*, who called it *Linum ſylvæ Catharticum*; becauſe it was uſed to purge: and in Engliſh it had acquired the name of Mill-Mountain.

Place

Place and Time.] It groweth plentifully in the unmanured Incloſures of *Hampſhire*, on chalkly Downs, and on *Purfleet Hills* in *Eſſex*, and many other places. I have been told it grows near *Wickomb* in *Buckinghamſhire*; and in *July* about four years ſince, Mr. *Dixon* and I met a Chyrurgeon with ſome of it in his hand in *Kingſton*, which he ſaid he had gathered by the way as he came from *London*: It riſeth forth of the ground at the beginning of the Spring, and flowreth all the Summer.

Nature and Vertues.] *Its bitter taſte argues the temperature thereof to incline to heat: The uſe of it (as the ſame* Mr. Goodyer *reports) is as follows.*

Take a handful of Mill Mountain, the whole plant, leaves, ſeeds, flowers and all, bruiſe it and put it in a ſmall Pipkin, with a pint of white Wine, and ſet it on the Embers to infuſe all night, and drink that wine in the morning faſting: This he ſaith he was told (by a ſervant of one Dr. Lake, *who lived at* St. Croſs *near* Wincheſter) *would give eight or ten ſtools. This* Dr. Lake *was afterwards Biſhop of* Bath *and* Wells, *and always uſed this herb for his purge as his man affirmed.*

Thus ſaith *Gerrard* by the relation of *Goodyer*; but lately I have heard it commended by ſome Phyſicians to be equalent in vertue to *Sena*: Therefore I have put it down for the benefit of the ſtudions, to make further tryal and uſe of it accordingly.

Mynts. Mentha.

Deſcription and Names. BOth the Garden and wilde Mint are well enough known; wherefore I ſhall paſs by their deſcription to their names and vertues. *Mentha* is the Latine common name; and Mint, or Spearmint for the Garden kinde in Engliſh.

Place and Time.] The wilde Mints grow in watry Ditches, the other onely in Gardens: they all flower in

in *Auguſt*: the plant increaſeth much by the root, the ſeed being ſeldom good.

Nature and Vertues.] *Myrt is hot and dry in the beginning of the third degree, bitter, binding, and of thin parts, and is ſaid to be an herb of* Venus; *The decoction cureth a ſore Mouth and Gums, the mouth being gargled therewith and helps a ſtinking breath; being applyed with honied water, it eaſes pains in the Ears, and the roughneſs of the Tongue, it being rubbed therewith: The decoction thereof is good to waſh Childrens Heads, againſt Scabs, and breakings out, and heals chaps of the Fundament. Two or three branches thereof taken with the juyce of Pomgranates, ſtayes the Hiccough, Vomiting, and allayes Choller; being applyed with Barley meal, it diſſolves Impoſthumes; it is good to repreſs the milk in Womens Breaſts, and helps ſwollen or flagging Breaſts; it cauſes digeſtion, helps a cold Liver, ſtrengthens the Belly and Stomach, helps gnawings of the heart, procures appetite, opens the Liver, and provokes to Venery; being bruiſed with ſalt it is good for the biting of a mad Dog. The mouth being gargled with a decoction thereof, and Rue and Coriander, bringeth the pallat of the mouth that is down to its right place; the powder of it taken after meat, helps digeſtion, and thoſe that are ſpleenatick, and taken in wine, it helps women in their ſore Travel in Childe bearing; it is good againſt the Strangury, and Gravel and Stone in the Kidneys; being boiled in milk before you drink it, it will not curdle in the Stomach; and ſome ſay a Cheeſe will not come, if it be put into the milk or Runnet: The diſtilled water is available for all the aforeſaid purpoſes, though more weakly: but the Chymical Spirit drawn from the herb is moſt effectual. Chollerick perſons muſt abſtain from Mint, for much of it taken makes the Blood thin, and turns it into choller. The horſe Mints are good to expell winde in the Stomach, to help the Chollick and ſhort windedneſs, and is good to help nocturnal pollutions, being applyed to the Cods.*

Mir-

Myrtles. Myrtilli.

THis Outlandiſh plant cannot endure the Winter with us unleſs it be kept in pots within doors.

The Tree is called in Latine *Myrtus*, and the berries *Myrtilli.*

Nature and Vertues.] *The myrtle hath contrary qualities, cold and earthy, warm and thin, powerfully binding and drying: The dry leaves beaten and boiled in water and drunk, is good againſt Cathars, the Whites, Ulcers, and creeping Sores. The berries and ſeed is good againſt paſſions of the Heart, ſtingings of Serpents, and venomous Creatures, and the poiſon of Toadſtools; being drunk in Wine, it helps a ſtinking Breath, diſeaſes of the Bladder, and provokes Urine: The decoction is good for the falling down of the Fundament, and the Piles; being mixed with oyl of Roſes and applyed, it helps ſwelling of the Cods, Impoſthumes of the Fundament, and St.* Anthonies *fire. The decoction of the berries makes the Hair black, and keeps it from falling, cures ſores of the Head, and helps thoſe that are Burſten. The ſyrrup of Myrtles is good againſt the Cough, and Ulcers of the Lungs,* And although I have not told you where this Tree grows, becauſe I doubt you will not go ſo far to fetch it, you may have it near home at the Druggiſts and Apothecaries.

Myrobalanes.

MYrobalanes are an Eaſt Indian Fruit, and are called in Engliſh by Mr. *Parkinſon* purging Plums. My Authour reckons up five kindes of them, viz. *Cytrina, Chebula, Bellerica, Emblica, Indica.*

Nature and Vertues.] *They are all cold in the firſt degree and dry in the ſecond, and do purge, and alſo ſtrengthen the Stomach. The Citrine Myrobalanes purge Choller, ſtrengthen the Stomach, Heart, and Liver, help ſuch as have the Hemorrhoides*

rhoides and Piles; they are good in Tertian Agues, cauſe a good colour, and hinder old Age: the Chebule purge Phlegm, quicken the brain and ſight, and ſtrengthen the Stomach. They are good in the Dropſie, and for long continued Agues. The Embellick, and Bellerick purge Phlegm from the Stomach, ſtrengthens the Brain, Joynts, Heart, and Liver, helps paſſions of the Heart, provokes Appetite, allayes Thirſt, ſtayes Vomiting, qualifies inward heat, and allayes Choller, and gives eaſe to thoſe that have the Piles. The Indies, or Black Myrabolanes, purge Melancholly and aduſt Choller, and cauſe a good colour, and are good againſt Quartain Agues, the Leproſie, and all Paralytical Diſeaſes. The Citrine are alſo often uſed in Cholleries, with the juyce of Fennel, or Roſe water, againſt Inflammations and flowing of humours to the Eyes; and likewiſe in powder, with Maſtick, or Roſe water, to dry and heal Ulcers.

Miſleto. Viſcum.

I Think Miſleto is ſo well known, that its needleſs to deſcribe it. The Latines call it *Viſcus*, and *Viſcum*, and ſo is the Birdlime called that is made of the Berries. The Miſleto of the Oak is called *Viſcus Quercini*, and ſo of the reſt.

Places and Time.] Miſleto groweth plentifully upon Fruit Trees, as Apples, Pear Trees, and Crab Trees in divers Counties of this Land; ſometimes on Aſhes, and Oaks; but that of the Oak is moſt rare in *England*: It flowers in the Spring, and the Berries are ripe in *October*, abiding on the branches all the Winter unleſs the Birds devour them.

Nature and Vertues.] *Miſleto is hot and dry in the third degree, the leaves and berries do heat and dry, and are of ſubtle parts; and queſtionleſs participates of the nature of that Tree it grows upon; as that which grows upon the Oak partakes*

takes of the nature of the Oak, and therefore is ascribed to Jupiter, and is the most effectual: It is held to be very effectual for the curing of the Falling Sickness, and is by some prescribed to be taken in Pills thus prepared, ℞. Visci Quercini, seeds and roots of Piony, ana. ℥i. ℈. Nutmeg, Anniseeds, ana. ℥i, ℈. Sacchari Bugloſſati, ℥vii. make Pills thereof.

Mathiolus saith that the Misleto of the Chesnut Tree made into powder and given in drink, cures the Falling Sickness. Some attribute so great vertue unto it, as they have called it, Lignum sanctæ Crucis, and believe it to help the Falling Sickness, Palsie, and Apoplexy, being onely hung about their Necks. Tragus saith, that the juyce of fresh Misleto dropped into the Ears of them that have Impostbumes in them, easeth them, and helps them in few dayes. The Birdlime which is made of the Berries, ripens and discusses Tumors and Impostbumes, and mollifies hard knots, and draweth forth both thick and thin Humors from the remote places of the Body, digesting and separating them, and being mixed with equal parts of Wax and Rozen, it mollifieth the hardness of the Spleen, being applyed thereunto.

Gerrard saith, being taken inwardly, it is mortal, I never did prove any of it, but onely the Birdlime upon Birds, and I am sure that hath proved mortal to them.

Money-wort, or Herb two pence.
Nummularia.

Description. MOney-wort shooteth forth many long, weak, slender branches, lying and running upon the ground, with two leaves at each joynt, equally opposite one to another, almost as round as a Penny, but that they are pointed a little at the ends, smooth, and of a yellowish green colour: at the joynts with the leaves from the middle forward, come forth sometimes one, sometimes

times two yellow flowers, ſtanding each upon a ſmall foot ſtalk, conſiſting of five narrow leaves; pointed at the ends, with ſome yellow threds in the middle; after which come ſmall round heads of ſeed: the root is ſmall and threddy.

Names.] It is called in Latine *Nummularia*, and *Serpentaria*; in Engliſh Two Penny Graſs, Herb Two-Pence, and Money-wort.

Place and Time.] It grows by Ditches ſides, low Meadows, and watry places: flowers about *June* and *July*, and the ſeed is ripe ſoon after.

Nature and Vertues.] *Money-wort is an herb of* Venus, *and cold, drying, and aſtringent: The flowers and leaves are good to heal green Wounds ſpeedily, and for old ſpreading Ulcers, eſpecially if it be bruiſed and boiled in Sallet Oyl with ſome Rozen, Wax, and Turpentine added to it, or Tents dipped in the juyce, and put into the Wounds. The juyce taken in Wine, or the decoction thereof, ſtayes the overflowing of Womens Courſes, and the Whites, and alſo Lasks, bloody Fluxes, inward and outward Bleedings, helps weakneſs of the Stomach that is ſubject to Vomiting; being boiled in Wine and Honey, and taken, it cures inward Wounds, and Ulcers of the Lungs, and is a remedy againſt the Chin-Cough in Children.*

Moonwort. Lunaria.

Deſcription. IT riſeth up with one dark, green, thick, fat leaf, ſtanding upon a ſmall foot ſtalk, about an inch high, unleſs when it is in flower, and then it hath a ſmall ſlender ſtalk, about three inches high: the upper part whereof groweth out of the boſom as it were of the ſaid leaf, which is divided on each ſide into five, ſometimes ſeven, or more parts on a ſide, each whereof is ſmall next the middle rib, but broad forwards, and round pointed, much reſembling an half Moon. The ſtalk riſeth above

above this leaf about two inches, bearing many branches of ſmall long tongues, much like the ſpiky head of Adders Tongue, of a browniſh colour, which afterwards reſolve into a mealy duſt, ſo that you may call them flowers or ſeed, which you pleaſe: the root is ſmall and threddy.

Names.] It is called in Latine *Lunaria*; in Engliſh by ſome Unſhooe the Horſe, but rightly Moon-wort.

Place and Time.] It delights to grow upon Hills, and Heaths amongſt graſs and dry moſſy places, and in divers places of *Kent*, as near *Maidſtone*: it may be found about *April* and *May*; the heat of *June* baniſheth it away.

Nature and Vertues.] *Many idle Fables have been told of this Herb, by lying Cachochymiſts, ſuch as* Culpeppers *Commanders were that he prates on; for I believe they never ſaw the Herb in their lives: and I am confident, though it be the Moons herb; yet it is neither Smith, Farrier, nor Picklock, but is of Temperature cold and dry, ſomewhat more then Adders Tongue, and is a good Wound Herb, either for inward or outward Wounds, Blowes, or Bruiſes; it likewiſe helps to conſolidate Fractures, and is good for Ruptures and Cancers of the Breaſt: It may excellently be uſed with other wound herbs, to make Oyls and Balſoms for freſh and green Wounds: and being boiled in red wine and drunk, it is excellent to ſtay the overflowing of womens Courſes, and the Whites, Bleeding, Vomiting, and other Fluxes. The learned* Grollius *ſaith, that it is good for the Cancers in Womens Breaſts, its Signature ſpeaking ſo much.*

Moſs. Muſcus.

Deſcription and Names. THere is Moſs of Trees, and Ground Moſs; but neither of them want a deſcription. The Apothecaries call it *Uſnea*: it is likewiſe called in Latine *Muſcus.*

Places and Time.] I have told you before where they grow.

Nature and Vertues.] *The ground Moſs is cold, dry, and aſtringent; that of the Trees is cool and binding, yet it partakes ſomewhat of the nature of the Tree whereon it grows, yet all* Saturns *pot-herbs, as ſaith* Culpepper. *The ground Moſs is held good to break the Stone, being boiled in Wine and the decoction drunk; it is likewiſe good being boiled in water to allay Inflammations and hot pains. The Oak Moſs is good to ſtay Fluxes, and Lasks in man or woman, Vomitings, Bleedings, ſpitting and piſſing of Blood, and the Terms, the powder thereof being boiled in Wine and drunk. The ſame being drunk, ſtayes the Hiccough, as ſaith* Avicen. *And it procures deep ſleep, ſaith* Serapio; *and ſome ſay the powder thereof for ſome time together taken in drink, is good againſt the* Dropſie. *Freſh Moſs ſteeped a while in Oyl of Roſes, and then boiled therein, and applyed to the Temples and Forehead, helps the Head-ache, that cometh of a hot cauſe, and diſtillations of hot Rheumes to the Eyes, or other parts. It was anciently uſed in Oyntments againſt Wearineſs, and to ſtrengthen the Sinews.*

There is a Moſs that grows upon dead Mens Sculls, which is a principal ingredient in the Weapon Salve; but the receipt is, it ſhould be taken from the Skull of one who dyed a violent death. I lately ſaw one which was brought out of Ireland, *all grown over with Moſs.*

Cup Moſs if it be powdered and given in ſweet Wine for certain dayes together, is a remedy againſt the Falling Sickneſs, and the Chin cough in Children.

Motherwort. Cardiaca.

Deſcription. THis herb riſeth up with hard, ſquare, rough, ſtrong ſtalks, of a browniſh colour, ſhooting two or three foot high, and ſometimes more, ſpreading into many branches, whereon grow the leaves on each ſide, with long foot ſtalks, two at every joynt,

joynt, broad, and long, rough, and crumpled with great veins of a dark green colour, deeply jagged about the edges, almoſt torn or divided: the flowers grow in ſharp pointed rough huſks, from the middle of the branches to the top, round about them at diſtances, ſomewhat like Balme or Horehound, but of a more red or purple colour; after which comes plenty of ſmall round blackiſh ſeed; which ſhedding, fills the place about it with their young growth. The root is fibrous, the plant of a rank ſmell and bitter taſte.

Names.] It is called *Cardiaca* in the Latine, though *Matricaria* which is uſed for Fetherfew, might be more proper for it; for it is effectual to help the Mother as well as the Heart; and therefore with good reaſon is called in Engliſh Motherwort.

Place and Time.] It groweth rarely with us but onely in Gardens, yet delighteth to grow by Walls ſides, and amongſt rubbiſh: it flowers and ſeeds from the Spring till Winter, and then periſheth; but the root abideth all the Year.

Nature and Vertues.] *Motherwort is of temperature hot and dry in the ſecond degree, of a cleanſing and aſtringent faculty, and is by Aſtrologers reputed to be ſubject to the influences of* Venus, *and the Sign* Leo; *ſo that it is excellent for the fits of the Mother, and diſeaſes of the Womb, and alſo for the trembling of the Heart, the Cramp, Convulſion, and Palſie: it helps the hard labour of Women, a ſpoonful thereof in powder being taken in Wine. For the fits of the Mother, let little Bags of Motherwort, Camomile, Wormwood, Pennyroyal, and Lovage be applyed warm to the bottom of the Belly of the Patient: The ſaid powder uſed as aforeſaid, provokes Urine, and Womens Courſes; it may alſo be made into a Syrrup and Conſerve; and being ſo uſed, it chears the Heart, expelling Melancholly from thence, Expectorates*

Phlegm, opens obſtructions of the Entrails, and kills Worms in the Belly; it is likewiſe good being bruiſed and applyed to green Wounds to ſtop the Blood, cleanſe and cure them, and is a remedy againſt the Cough, Murrain, and other Diſeaſes in Cattle.

☞ See further in *The Art of Simpling*: written by *W. Coles*

Mouſear. Piloſella.

Deſcription. COmmon Mouſear creeps upon the ground by ſtrings or wires much like the Strawberry; the ſtrings taking root as they run, and ſhooteth forth ſmall ſhort leaves ſet in a round form together, hollowiſh in the middle, where they are broadeſt, of a hoary colour all over, and very hairy, out of which iſſues a white milk being broken; from amongſt theſe leaves ſpring up divers ſmall hairy ſtalks, about a handful high, with a few ſmaller leaves thereon, ſtanding one at a place as the flowers do, uſually one at the top, which conſiſts of many pale yellow leaves, much like a Dandelion flower, but ſmaller, and a little reddiſh underneath, near the edges, turning into Doun; which with the ſeed is blown away by the Winde. The root is ſmall and fibrous.

Names.] It is called *Myoſotis* from the Greek word *Myoſota*, and of ſome *Piloſella* in Latine, becauſe of its hairineſs; and *Auricula muris*, becauſe the leaves reſemble the ears of a Mouſe; which alſo gives it the Engliſh name of Mouſeare.

Place and Time.] It groweth on Banks and Ditches ſides, which be dry and ſandy, and alſo in ſandy grounds: they flower in *June* and *July*, and abide green all the Winter.

Nature and Vertues.] *It is held to be ſubject to the Lunar Influence, but is by temperature hot and dry, cleanſing, binding,*

ing, and conſolidating, ſo that the juyce or decoction thereof taken ſtayes Womens Courſes, and the Whites, aud other Fluxes of Blood and inward bleedings, and is likewiſe good for the Jaundies, to drink thereof morning and evening, and abſtain from other drink two or three hours after: it is good againſt the Stone, and gripings of the Bowels, and to abate the fit of a quartain Ague being taken before it come. The decoction with Succory and Centory is good againſt the Dropſie and Spleen. A Syrrup of the juyce of Mouſear is good againſt the Cough and Ptiſick, and helps Ruptures, a ſpoonful or two being taken at a time; it is a ſingular Wound Herb either for outward or inward Wounds. The juyce of the green Herb, or being dryed in powder is good to ſtay fretting Ulcers or Cancers, either in the Mouth or ſecret parts of Man or Woman, or elſewhere. The diſtilled water is available for the ſaid purpoſes, and to waſh Wounds and Sores, and to dip the Tents and Cloathes therein that are to be applyed thereto.

This herb is hurtful to ſheep, in making them coſtive and lean; therefore Shepherds ſhould keep them from it.

Mugwort. Artemiſia.

Deſcription. COmmon Mugwort groweth with divers jagged or dented leaves lying upon the ground, much like to common Wormwood, but larger, darkiſh green on the upper ſide, but white or hoary underneath: the ſtalks riſe up two or three foot high, ſometimes more, having ſuch leaves as below, but ſmaller, branching very much towards the top, whereon grow ſmall pale yellowiſh flowers like buttons, after which cometh ſmall ſeed incloſed in round heads. The root is long and hard, faſtned in the ground with many fibres, which ſpread ſo in the ground, that it can hardly be weeded out. The plant is of a reaſonable good ſcent. The ſtalks and leaves dye every Winter.

Names.] *Artemiſia* is both the Greek and Latine name of it.

Place and Time.] It groweth by the High wayes and Ditches ſides, and too plentifully in light ground in Corn Fields, where it will not be gotten out; as in *Wokingham*, a place I once lived in.

Nature and Vertues.] *Mugwort is aſcribed to the dominion of* Venus, *yet is naturally hot and dry in the ſecond degree, and of thin parts; but it helps Womens Diſeaſes: therefore it is reaſon a woman ſhould be miſtriſs of it. The decoction of the leaves in Wine or water being drunk, drives down the Courſes, Birth, and After-birth; helps Inflammations, and ſtoppings of the Mother, and provokes Urine, cauſeth fruitfulneſs in Women, helps pains of the Matrix, coldneſs, and Winde, and helps to retain it in its due place, it ſtrengthens the Nerves, opens the Pores, and corrects the Blood, helps ſtoppings of the Liver and Spleen; and being boiled with Centory, it is good for the Jaundies: The juyce being taken, helps the biting of a mad Dog. The powder of the leaves drunk in Wine, is good againſt the Sciatica. A decoction made thereof for Women to ſit over and receive the hot fume, performeth the ſame effects, as being taken inwardly; ſo doth the juyce made up with Myrrhe, or the root uſed for a Peſſary. An oyntment made of the Herb, with ſome Field Daiſies, and Hogs Greaſe, taketh away Wens, Knots, and Kernels in the Neck and Throat. The freſh herb, or the juyce thereof is a good remedy for the overmuch taking of* opium. *A decoction of the Herb with Camomile, Egrimony, and Sage, takes away pains of the Sinews, and Cramp, the place being bathed hot therewith; and refreſheth the feet of thoſe which are ſurbated with travel, they being bathed therein.*

☞ See more of this in the Art of Simpling: written by *W. Coles.*

Mul-

Mulberries. Morus.

I Shall not need to deſcribe this Plant, it being very well known where it is an Inhabitant.

Names.] The Latines call it *Morus*, and in Shops *Morus Celſa*; the Bramble Berries being called *Mora Bati.*

Place and Time.] They are much nouriſhed in the Levant and Eaſtern Countreys, and alſo in *Italy* to breed up their Silkworms. The fruit is ripe in *Auguſt* and *September.*

Nature and Vertues.] *It is aſſigned to* Mercury, *and of different parts like him; the ripe Berries having a ſweetneſs and ſlippery moiſture, do open the Belly; the unripe do binde it, eſpecially being dryed, and then are good to ſtop Fluxes, Lasks, and overflowing of Womens Courſes: the bark of the root hath a purging quality, and a bitterneſs: the leaves and tender tops are of a temperate nature. The juyce of the Berries or the ſyrrup made of them, helps Inflammations and Sores in the Mouth and Throat, and the Pallat of the Mouth being down. The juyce of the leaves is good for ſuch as have eaten Wolf-bane, and is a remedy againſt the biting of Serpents; and being beaten with Vinegar, it is good to apply to any place that is burnt with fire. The mouth being waſhed with a decoction of the bark and leaves, eaſeth the Tooth-ache. It is ſaid, that if the root be a little ſlit or cut in the harveſt time, and a ſmall hole made in the ground next unto it, there will iſſue forth a juyce, which being hardened, is good to help the Tooth-ache, to diſſolve knots, and purge the Belly. The leaves are ſaid to ſtay bleeding at Mouth and Noſe, and of the Piles, or of a wound being bound thereunto: It is reported, that if a branch of the Tree be taken when the Moon is at full, and bound to the wriſt of a woman whoſe Courſes flow too much, it will ſoon ſtay them. The Bark of the root killeth*

the broad Worms in the bodies of Men or Children. The powder of the berries is good to cure Tumors which grow upon the Cods, and about the Fundament of ſome people.

Mulleyn. Candelaria.

Deſcription. COmmon white Mulleyn hath many fair large woolly leaves lying next the ground, ſomewhat longer then broad, pointed at the ends, and a little dented about the edges; the ſtalk in rank ground riſeth four or five foot high, and is covered over with ſuch leaves as below (but leſſer) up to the flowers, ſo thick as they hide the ſtalk: the flowers come forth on all ſides of the ſtalk without any branches for the moſt part, and ſtand together in a long ſpike, generally of a gold yellow colour, but in ſome more pale, conſiſting of five round pointed leaves, turning afterwards into round heads, wherein is contained ſmall browniſh ſeed; the root is long, white, and woody, but dyeth when the ſeed is fallen.

Names.] It hath been called *Candela regia*, and *Candelaria*, becauſe the ſtalks were wont to be uſed to burn, being dipped in greaſe: It is alſo called *Thapſus*, *Tapſus Barbatus*; and in Engliſh Hightaper, and Hagtaper, Jupiters Staff, Hares-beard, and Bullocks Lungwort.

Place and Time.] It grows by High wayes ſides, in Lanes and upon Dunghills in many places of this Land, and flower about *June* and *July*.

Nature and Vertues.] *Mulleyn is dry of temperature, like* Saturn: *The leaves digeſt and cleanſe. A decoction of the leaves is good for the Lungs, and an old Cough, either in man or beaſt. A little quantity of the root taken in Wine is good againſt Lasks and Fluxes of the Belly: and the decoction thereof eaſeth the Tooth-ache, the mouth being waſhed therewith; and being drunk it is good for Burſtneſs, and for Cramps and*

and Convulſions. The ſeed and flowers, and the powder of dryed Venice Turpentine, being caſt upon a Chafing-diſh of Coals, and ſet in a Cloſe-Stool, for the Patient to ſit over it that is troubled with the Piles, or the falling down of the Fundament, it giveth much eaſe alſo to ſuch who are troubled with an often deſire to go to Stool, and can do nothing, and helpeth the Bloody Flux: An Oyl made of the often infuſion of the flowers is alſo good for the Piles. The decoction of the root in red Wine (or water if there be an Ague) wherein red hot Steel hath been often quenched, ſtayeth the Bloody Flux, and opens obſtructions of the Bladder and Reins, when one cannot make water: A decoction made with the leaves, and Sage, Marjoram, and Camomile Flowers, eaſeth and comforteth Veins and Sinews that are ſtark or ſhrunk with cold, or the Cramp, the places being bathed therewith. The diſtilled water of the flowers drunk morning and evening the quantity of three ounces at a time for ſome continuance, is ſaid to be a good remedy for the Gout. The powder of the root, or the juyce of the leaves and flowers rubbed on rough Warts, takes them away, but doth no good to ſuch as are ſmooth. The powder of the flowers is good for the Chollick, and pains in the Belly. The decoction of the root and leaves is effectual to diſſolve Tumors and Inflammations of the Throat: The ſeed and leaves boiled in Wine and applyed, draws forth Thorns and Splinters out of the fleſh, eaſing the pains, and healing the place. The leaves bruiſed and wrapped in double papers, and baked under the Embers, and then taken out and applyed warm to any Botch in the Groin or Share, doth diſſolve and heal it. The ſeed bruiſed and boiled in wine and applyed to any Member that is newly ſet after it hath been out of Joynt, takes away the ſwellings and pains thereof.

The bruiſed leaves quickly heals a Horſe Hoof that is pricked with a nail, being applyed thereunto.

☞ See further of this in *Culpeppers School of Phyſick.*

Muſtard

Muſtard. Sinapis.

IT is very well known, ſo as needs no deſcribing.

Names.] It is called in Latine *Sinapis* and *Sinapi.*

Place and Time.] It grows in Gardens where it is planted, and is not eaſily gotten out, having once took poſſeſſion: it grows alſo wilde about *Tewksberry*, which place is famous for Muſtard makers.

Nature and Vertues.] *The ſeed is chiefly uſed, and is of temperature hot and dry in the fourth degree, and doth make thin: it is under the influence of* Mars. *The ſeed taken in an Electuary or otherwiſe, ſtirs up bodily luſt, and provokes womens Courſes; it is alſo good for the Falling Sickneſs, the Lethargy, or drowſie evil, to uſe it both inwardly and outwardly to rub the Noſtrils, Forehead, and Temples therewith; it being firſt beaten to powder, and little balls made thereof with Honey, and one or two of them ſwallowed faſting every morning maketh a clear voice, draweth down Rheume, and viſcous humours which diſtill upon the Lungs and Cheſt; it cleanſeth the Breaſt, ſtrengthens the Heart, reſiſteth Poiſon, provokes Appetite, warms the Stomach, and helps digeſtion, eaſeth the pain of the Spleen, Sides, and Belly; and being uſed for ſome time, waſteth the Quartain Ague. The decoction of the ſeed in Wine is a good gargle to ſend up the Pallat of the Mouth being fallen down; and a Plaiſter wherein ſtore of the ſeed is mixed being applyed, helpeth the Sciatica, and aches of the Joynts, and diſſolveth Tumors and Swellings about the Throat: being alſo applyed to the Shoulders, Sides, or Loins, which have any ache or pain, it helpeth them by drawing forth the cauſe by Bliſters; it helps the falling of the hair, and being chewed in the mouth, is good againſt the Tooth-ache. The ſeed being bruiſed and mixed with Honey or Wax, takes away Marks, black and blue ſpots of Bruiſes, Scabbedneſs, the Leproſie, and lowſie Evil, and helps the Crick, or drawing awry*

of

of the Neck. The diſtilled water of the Herb when it is in flower is good to drink for the diſeaſes aforeſaid, to waſh the Mouth when the Pallat is down, and alſo to gargle the Throat; and likewiſe for Scabs and Itch, and to cleanſe the face from Morphew, Spots, and Freckles. An Oyl made of Muſtard, by infuſing four pounds of the ſeed (being beaten) in four pound of Oyl for ten dayes together, and then ſtraining it, is good for griefs of the Reins, Palſies, Gouts, Stitches and Swellings. The ſeed ground with Vinegar, is a good ſauce both with Fiſh and Fleſh; it is good to clarifie the Blood, and to ſtir up Appetite in weak Stomachs; but it is hurtful for chollerick people. And to make it the more pleaſing to the Stomach, take Muſtard ſeed two ounces, Cynamon half an ounce well beaten, and make it up into Balls or Cakes, with Honey and Vinegar, and dry them in the Sun, they will keep a long while, and may preſently be made into a ſauce by being relented with a little Vinegar.

Nep, or Cat-mint. Nepeta.

Deſcription. COmmon Garden Nep riſeth up with four ſquare ſtalks, a Cubit high, or more, having a little hoarineſs upon them, being full of Branches, and beareth at every joynt two broad leaves, like unto Balm, but longer pointed, ſofter, whiter, and more hoary, nicked about the edges, and of a ſtrong ſweet ſcent: The flowers grow in large tufts upon the tops of the Branches, and underneath them on the ſtalks, being many together, and of a whitiſh purple colour: The roots conſiſt of many long ſtrings or fibres, whereby it is ſtrongly faſtned in the ground, and the leaves abide green all the Winter.

Names.] It is called in Latine *Mentha Cattaria*, but more commonly *Nepeta*; by which name the Apothecaries call it.

Place

Place and Time.] It is cheriſhed in our Gardens, flowers in *July* and *Auguſt*, and the ſeed is ripe in *September*.

Nature and Vertues.] *Nep is hot and dry in the third degree, and is aſcribed particularly to the influence of the Planet* Venus. *It is effectual for the riſing of the Mother, Winde, and pains thereof, and warms and comforts the womb, and dryeth up the overmuch moiſture thereof, and brings it to a right temper, taking away the cold and moiſt cauſe of Barrenneſs; it alſo provokes the Terms, and is uſeful for pains of the head, proceeding from a cold cauſe, as Rheume and Cathars, and giddineſs of the Head; it is good alſo for windineſs of the Stomach and Belly, and is effectual to diſſolve winde in cold Aches and Cramps; it is effectual for Coughs, Colds, and ſhortneſs of Breath: The juyce thereof given in Mead or Wine, is a good remedy for inward Burſtings and Bruiſes by means of Falls, or otherwiſe. A bathe made thereof for Women to ſit in, or receive the Fumes, bringeth down their Courſes, warmeth thoſe parts, and helps Barrenneſs. The herb bruiſed and applyed to the Fundament, eaſeth the pains of the Piles in two or three hours ſpace; and an oyntment made up with the juyce and applyed, doth the ſame. The decoction in ſpring Water is good to waſh the Head to take away the Scabs thereof, and may be effectual for other parts of the Body: the diſtilled water is uſeful for many of the aforeſaid purpoſes.*

Nettles. Urtica.

Deſcription and Names. STinging Nettles are very well known, or may be by feeling as well as ſight; ſo that a deſcription may be forborn. It is called in Latine *Urtica, ab urendo*, becauſe it raiſes Bliſters like burning with fire.

Place and Time] They are common aſſociates to moſt hedges, under walls, amongſt rubbiſh, and in untilled places,

ces you may finde them plentifully: they flower and ſeed in the end of Summer.

Nature and Vertues.] *This plant is armed by* Mars, *and is by temperature hot and dry in the third degree. A decoction of the roots and leaves of Nettles, or the juyce thereof taken in an Electuary with Honey or Sugar, is a good medicine to open the obſtructions of the Lungs, and a remedy againſt Wheeſing, and ſhortneſs of Breath; it expectorates tough Phlegm, and evacuates an impoſtumated Pluriſie by ſpittle; it is a good gargle to help ſwellings of the Throat, and the Almonds of the Throat, and ſwellings in the Mouth: The leaves boiled in Wine and drunk, provokes Womens Courſes, helps ſuffocations, and other diſeaſes of the Mother, and ſo it doth, being outwardly applyed with a little Myrrhe. The ſame alſo, or the ſeed taken, provokes Urine, and expells the Gravel or Stone out of the Reins and Bladder; it killeth worms in Children, eaſeth pains in the ſides, and diſſolves windineſs of the Spleen, and in the Body; yet ſome do ſuppoſe it onely effectual to provoke Venery. The juyce of the leaves taken two or three dayes together, ſtayeth bleeding at Mouth. The ſeed taken in drink is a remedy againſt venomous bitings, and the biting of a mad Dog, and reſiſts the poiſon of Hemlock, Henbane, and Night-ſhade, Mandrakes, and other ſtupifying Herbs; as alſo for the Lethargy, to rub it upon the Forehead and Temples, and upon the places bitten or ſtung by venomous Beaſts, with a little Salt. The diſtilled water is effectual for the ſaid purpoſes, (yet more weak) and likewiſe to waſh Sores and Wounds, to cleanſe the skin from the Morphew, Leproſie, and other deformities thereof. The ſeed or leaves bruiſed and put into the Noſtrils, ſtayeth Bleeding thereof, and takes away the excreſcenſe growing there called* Pollipus. *The juyce of the leaves or the decoction of them, or the roots, is good to waſh old rotten Sores, Fiſtula's, or Gangreens, and corroding Scabs, Mangineſs, or Itch in any part*

of

of the Body, and is good alſo to waſh green Wounds, or to apply the freſh bruiſed herb thereunto, though the fleſh were ſeparated from the bones. The ſame is good to refreſh wearied members, and to comfort, dry, and ſtrengthen ſuch parts as have been out of joynt, and are ſet again; and alſo for Aches and Gouts, and to eaſe the pains, and to dry and diſſolve the defluxions of humours upon the Joynts and Sinews. An oyntment made of the juyce, oyl, and wax, is good to rub benummed members to reduce them to their proper activity. A handful of green Nettle leaves, and another of Danewort, or Wallwort, bruiſed and applyed to the Gout, Sciatica, or joynt Aches, is a good help thereunto. The young tops of Nettles being uſed in pottage in the Spring, are good to conſume phlegmatick ſuperfluities in the Body, and clarifie and warm the Blood: give Hens dry Nettles cut ſmall amongſt their meat in Winter, and it will make them lay Eggs the more plentifully.

Nigella.

Deſcription. GArden Nigella riſeth about a foot high with weak and brittle ſtalks, full of branches, with many leaves upon them finely cut and divided, ſomething like Larks-heel, but of a more graſſy green colour; it beareth flowers of a whitiſh blue colour, which grow on the tops of the branches, each flower being (ſtar-like) divided into five parts, and each part conſiſting of many fine ſmall leaves; after the flowers there come knops or heads, having at the end five or ſix little horns or points, and every head is divided into ſeveral cells or partitions, wherein is contained the ſeed, which is blackiſh, ſomewhat like Onion ſeed, but larger, of a ſharp taſte, and ſweet ſtrong ſavour: the root is ſmall, fibrous and yellow, periſhing every year.

Names.] The Greeks call it μελάνθιον. The Latine Authours

thours *Melanthium*, and *Nigella*. We in *England* call it *Gith*, and *Nigella Romana*; it is alſo called by ſome Fennel flower, Biſhops-wort, St. *Katherines* flower; and of ſome, Kiſs me twice before I riſe, and the Old Mans Beard.

Place and Time.] That which is moſt common with us is ſown in Gardens; and being ſown in *April*, it will flower in *July*, and the ſeed be ripe in *September*.

Nature and Vertues.] *The ſeeds of Nigella are hot and dry in the third degree, and of thin parts; I ſuppoſe under the influence of* Jupiter: *The ſeed drunk in Wine, helps ſhortneſs of Breath, expells winde, provokes Urine, and the Courſes, kills worms, is good againſt Poiſons, and the bitings of venomous Beaſts; it likewiſe increaſes Milk in Womens Breaſts, if moderately taken; but otherwiſe it is hurtful to Nurſes, and to all others that take it too often, or in too great quantity: The common doſe of the ſeed therefore is from half a dram to a dram. A dram thereof taken in wine or Poſſet drink before the fit, is effectual in Tertian and Quartain Agues. It is an excellent remedy in other diſtempers that need cleanſing, heating, and drying, and opens obſtructions being boiled in Vinegar and ſo taken: being applyed to the Navel with juyce of Wormwood, it kills Worms; being dryed and quilted in Linnen or Sarcenet, and applyed to the Head, it cures Cathars and Rheumes, dryeth the Brain, and reſtores loſt ſmelling; being mixed with Vinegar, and applyed, it takes away Scurf, Freckles, and hard ſwellings: the ſmoke of it drives away venomous creatures, and kills Flyes, Waſps, and Bees. The ſeed mixed with Oyl of Flower de Luce, and applyed to the forehead, helps a cold Head-ache.*

Nightſhade. Solanum.

Deſcription. COmmon Nightſhade hath an upright green hollow ſtalk, about a foot high, and

and ſometimes more, buſhing forth into many branches, whereon grow many dark green leaves, ſomewhat broad, and pointed at the ends, ſoft and full of juyce, ſomewhat like the leaves of Bazil, but larger, and a little unevenly dented about the edges; at the tops of the ſtalks and branches come forth four or five, and ſometimes more white flowers, conſiſting of five ſmall pointed leaves apiece, ſtanding on a ſtalk together one by, or above another, with yellow pointels in the middle, compoſed of four or five yellow threds, ſet together, which afterwards turn into ſo many pendulous green berries of the bigneſs of a ſmall peaſe, full of green juyce, and ſmall round whitiſh flat ſeeds lying within it; the root is white, and a little woody, when it hath given flower and fruit, with many ſmall fibres at it: the whole plant is of a watriſh inſipid taſte. The juyce in the berries is ſomewhat viſcous, like a thin muſcilage, and of a cooling aſtringent quality.

Names. In Latine it is called *Solanum*, and *Solatrum*, *Uva Lupina*, and *Uva Vulpis*, *Cuculus* and *Morella*; in Engliſh Morrel, Petty Morrel, Nightſhade, and in ſome places Houndsberries: there is another ſort called Dwall, or deadly Nightſhade, being of a poiſonous, and exceſſive cold quality, which beareth a berry black and ſhining like jet, and about the bigneſs of a black Cherry.

Place and Time.] Common Nightſhade groweth upon Dunghills, and amongſt rubbiſh, under old Walls, and by the ſides of Hedges and Fields. I have ſeen the Dwall, or Deadly Nightſhade, growing in a Ditch by the High wayes ſide near *Alton* in *Hampſhire*, and near *Croyden* in *Surrey*, where it was about ſix foot high. They flower in Summer till the beginning of Autumne; and the fruit is ripe in *Auguſt* and *September*.

Nature and Vertues.] *They are all cold and Saturnine Plants, but the Dwall is cold in the fourth degree.*

The

The berries of common Nightſhade are good to provoke Urine, and expell the Stone, being moderately taken in white Wine, and cooleth hot Inflammations, being inwardly or outwardly taken, ſo not in too great a quantity, for then it procures the Phrenzy; but a remedy againſt it is to drink good ſtore of warm honied water. The juyce eaſeth pains and Inflammations of the Ears, being dropped therein: and the juyce clarified and mingled with Vinegar, is a good gargariſme for the Mouth and Throat, being inflamed. The juyce of the herb or Berries incorporated in a leaden Mortar with Oyl of Roſes, Vinegar, and Ceruſs, is good to anoint the Eyes for all hot Inflammations. The juyce made up with Hendung and applyed, is good for the Shingles, Ring-worms, Corroding Ulcers, and moiſt Fiſtula's. A Peſſary dipped in the Juyce, and put up into the Matrix, ſtayeth the immoderate flowing of the Courſes. A cloth wet therein, and applyed to the Teſticles or Cods, giveth much eaſe in any hot ſwelling there, and eaſeth the Gout, coming of hot and ſharp humours. The Dwall or deadly Nightſhade is by no means to be taken inwardly; yet if the Temples and Forehead be a little bathed with the juyce of the leaves and a little Vinegar, it procures ſleep, which is hindred by hot cauſes, and eaſes pains of the Head proceeding of heat. The bruiſed leaves or juyce may be applyed to St. Anthonies *fire, the Shingles, and ſuch hot Inflammations and fiery Cankers, to cool them, and ſtay the ſpreading thereof. The diſtilled water of the common Night-ſhade is ſafeſt to be given inwardly, but they are both dangerous, and the* Dwall *deadly.*

The Nutmeg Tree. Nux Moſchata.

THis odoriferous tree groweth in the Eaſt-Indies; the fruit is called in Latine *Nux Moſchata*, and the Mace that grows alſo upon this Tree is called in Latine *Macis.*

Nature and Vertues.] *Nutmegs are hot and dry in the ſecond degree, and ſomewhat binding: Mace is hot in the ſecond degree, and dry in the third. Nutmegs do heat and ſtrengthen a cold and weak Stomach, reſiſt Vomiting, and takes away the Hiccough; it helps pain and Winde in the Belly, and ſtoppings of the Liver and Milt, and ſtoppeth the Lask, being taken in red Wine; it is profitable for the Mother, Kidneys, and Bladder, helps piſſing by drops, and other cold griefs in men and Women: the powder thereof with oyl of Mints, is good againſt the coldneſs of the Head, and dulneſs of Memory, the Forehead, and Temples being anointed therewith; it is good in Cordials, and Receipts, to help coldneſs of the Liver, ſtopping of the Milt, the Dropſie, Vomiting, Headache, Swellings, bloody Fluxes; it helps trembling of the Heart, and comforts the Veins and Muſcles in cold people, and helps to expell Gravel from the Reins and Bladder, being firſt ſteeped in Oyl of Sweet Almonds. The Oyl of Nutmegs doth likewiſe comfort a cold Stomach.*

Mace is ſomewhat of the ſame nature with the Nutmeg; it ſtops the Lask, bloody Flux, and Womens Courſes, and helps trembling of the Heart. The oyl of Mace cures wamblings of the Stomach, and a deſire to Vomit, the Stomach being anointed therewith. The powder of a Pomgranate, large Mace, long Pepper and Sugar, being drunk with Poſſet Ale, Malmſey, or Broth ſodden together, is a good remedy for the Black Jaundies. Mace being uſed in Meats, cauſeth lean people to grow fat, warmeth thoſe that are cold in their Venereous acts, and ſo do Nutmegs, and are good to be taken in Broths or Milk; it is good alſo againſt Fluxes, ſpitting of Blood, Vomit, and the Chollick.

☞ See more of this in *The Expert Doctors Diſpenſatory:* by *P. Morellus.*

☞ See further in *The Art of Simpling:* written by *W. Coles.*

Of

Of the Oak. Quercus.

THis ſtately Tree is very well known; it is called in Latine *Quercus*, and *Robur*, the Acorn *Glans*: the Cup *Calix*, and *Cupula Glandis*.

Place and Time.] Our Land did once ſo flouriſh with theſe luſty Trees, that it was called *Druina* by ſome; but of late many of them are deſtroyed: The Catkins come forth about *April*, the Acorns are not ripe till *October*.

Nature and Vertues.] *The leaves and bark of the Oak and Acorn Cups do binde and dry very much, and are ſomewhat cold; but the Acorns are not ſo cold nor binding. The Acorns provoke Urine, and help to break the Stone in the Bladder: the decoction of them and the Bark taken in milk, helps exulcerations of the Bladder, and piſſing of Blood cauſed by poiſonous Herbs, corroding Medicines, and Cantharides. The powder of Acorns drunk in wine, is good to help Stitches and pains in the Sides, eſpecially if it be mixed with the powder of Bay-berries. The inner Bark of the Tree, and the thin skin that covereth the Acorn, do ſtay the ſpitting of Blood, and the Bloody Flux. The decoction of the Bark, and powder of the Cups ſtayeth Vomitings, ſpitting of Blood, bleeding at Mouth, Lasks, the involuntary Flux of natural ſeed, and all other Fluxes in man or woman. The fume of the leaves helps ſtrangling of the Mother; and the bruiſed leaves ſoder up Wounds, and keeps them from inflammations. The diſtilled water of the Buds is likewiſe good to ſtay all Fluxes, to cool the body in peſtilential, and burning Fevers, and to reſiſt the infection, and alſo to cool the Kidneys, and heat of the Liver, and aſſwage all inflammations both inwardly and outwardly. The water in old hollow Oaks is good againſt the Itch and ſpreading Scabs.*

☞ See further in *Adam in Eden*: written by *Will. Coles.*

Oats. Avena.

THis Grain is well known, *Avena* is the Latine name; they are plentiful in moſt places of *England:* they are ſowne in the Spring, and mown in Autumne, or before.

Nature and Vertues.] *They are ſomewhat cold and drying, and are more uſed for food both for Man and Beaſt then for Phyſick; yet being quilted in a Bag with Bay-ſalt, and made hot in a frying pan, and applyed hot as it can be endured, eaſeth pains and ſtitches in the ſides, and the Chollick in the Belly. A pultis made of the meal of Oats and Oyl of Bayes, helpeth the Itch and Leproſie, Fiſtula's of the Fundament, and diſſolveth hard Impoſthumes. The meal of Oats boiled in Vinegar and applyed, takes away Spots and Freckles in the Face, or other parts of the Body. Oatmeal is good in Broth, or Milk, to binde thoſe that have a Lask, or other Flux, and with Sugar it is good for them that have a Cough or Cold. Raw Oat meal is unwholeſome dyet, eſpecially for young Maids; yet they are moſt apt to eat it, for want of ſomething elſe which were better for them.*

Olive Tree. Olea Sativa.

THis Outlandiſh Tree I intend not to deſcribe, but onely the Vertues of the fruit; the manured Olive Tree is called in Latine *Olea Sativa*, and the wilde Olive Tree, *Oleaſter*, and the fruit *Oliva.*

Nature and Vertues.] *Ripe Olives be temperately hot and moiſt; the unripe are dry and binding, and ſo is their Oyl: the green leaves are cooling and binding. The oyl of the ripe Olive uſually called Sallet Oyl, is the moſt excellent of all ſimple Oyls; it is very good to eaſe the Guts of the Chollick and Illiack paſſions which way ſoever uſed, either eaten with bread like butter, drunk in white Wine, or for thoſe that love not to*

eat

tat it, give it in a Gliſter with Wine; it is effectual againſt all poiſons, and therefore a remedy for them that have eaten Ratsbane, or other poiſon, preſerving the Stomach and Guts from the violence of it; it is excellent good in Sallets and other Sauces with Vinegar; it is a principal ingredient in Salves for curing Wounds and Scars. The Oyl of unripe Olives called Omphacinum *being freſh, is grateful to the Stomach, ſtrengthens the Gums, and faſtens the Teeth, and is good for thoſe that are much troubled with ſweating. Picked Olives are a good ſauce to ſtrengthen the Stomach, and ſtir up appetite; and being eaten with Vinegar, they looſen the Belly; being burned and beaten to powder, they faſten looſe Teeth, help looſe Gums, and cleanſeth foul Ulcers: The oyl is an excellent remedy for any burning or ſcalding; a piece of Lawn being firſt ſowed about the part, and Oyl and Snow water laid thereon.*

One Berry, Herb Paris, or True Love.
Herba Paris.

Deſcription. ONe Berry, or Herb Paris, ſhooteth forth ſtalks with leaves, ſome whereof carry no Berries, and others do, every ſtalk being ſmooth without Joynts, of a blackiſh green colour, about half a foot high, bearing at the top four leaves, ſet directly one againſt another, like a True Lovers Knot, and are ſomewhat like a Nightſhade leaf, but broader; in the middle thereof riſeth a ſmall ſlender ſtalk, about an inch long, bearing at the top one flower like a Star, conſiſting of four ſmall and narrow long pointed leaves, of a yellowiſh green colour, and having four other leſſer leaves lying between them; in the middle whereof ſtandeth a round dark purpliſh button, compaſſed about with eight ſmall yellow mealy heads, when the leaves are withered, the berry in the middle becometh of a black purpliſh co-

colour, and full of juyce, of the bigneſs of a Grape, of no hot, nor evil, nor yet any ſweetiſh taſte, having within it many white ſeeds; the root is ſmall, and creepeth under the upper cruſt of the earth, ſomewhat like a Couch-graſs root, but not ſo white, and is of an unpleaſant loathſome taſte.

Names.] It is by ſome called in Latine *Herba Paris*, and *Aconitum Pardalianches*, and *Uva Verſa*, *Uva Lupina*, and *Solanum Tetraphyllum*.

Places and Time.] It groweth in Woods and Copſes in *Kent*, and divers other places; it ſprings up in *April* and *May*, and flowers ſoon after: the berries be ripe by the beginning of *June*.

Nature and Vertues.] *Herb One Berry is an exceeding cold Saturnine Plant; wherefore the leaves by their mighty cooling quality do diſcuſs Tumors, and Swellings of the privy Parts, Cods, and Groin, which proceed from heat, and allay all other Inflammations, and are good to cure green Wounds, and cleanſe and heal up old filthy Sores and Ulcers: the leaves or the juyce applyed to Felons, or white flawes on the nails of the Hands or Toes, healeth them in a ſhort ſpace. The leaves and Berries are good to expell Poiſons, eſpecially that of Aconites; as alſo the Plague and other Peſtilential Diſeaſes.* Mathiolus *and others ſay, that a dram of the ſeeds or berries hereof taken every day in powder for twenty dayes together, hath holpen thoſe that have lain long in a lingring Sickneſs, and others that by Witch-craft have been half fooliſh, wanting their wits and ſenſes: the leaves in powder have the like operation, but weaker. The berries are thought to procure ſleep, being taken at night in drink. The roots made into powder and taken in Wine eaſeth the pains of the Chollick in a ſhort ſpace. The Chymical oyl of the black berries, is ſaid to be effectual for all diſeaſes of the eyes, ſo that it is called by ſome* Anima oculorum; *it hath been ſuppoſed to be poiſonous,*

but

but Pena and Lobel *making experiment upon two dogs, found it was not dangerous, but effectual to expell the deadly operation of* Sublimatum *and* Arſenick.

Orchis, Vide *Satyrion.*

Onions. Cepa.

THey need no deſcription.

Names.] *Cepa*, and *Cepe* are the Latine names for an Onion.

Place and Time.] They are inhabitants in our Gardens, and proſper beſt in that ground that is well dunged: they are ſown about *February*: They which are for ſeed muſt be ſet about that time; yet the ſeed ſeldom comes to any great perfection in our Countrey.

Nature and Vertues.] *Onions are hot and dry in the fourth degree, and are particularly aſcribed to the dominion of* Mars: *an Onion being ſliced and ſteeped all night in white Wine, and the Wine drunk in the morning, and the party walking an hour after, it is good for the Stone, and to provoke Urine and Womens Courſes; being mixed with a little Honey and Rue, they are good to help the biting of a mad Dog, and other venomous Creatures, and are uſed to provoke Appetite, and eaſe pains of the Belly; being roaſted under the Embers and eaten with Honey, Sugar, and Oyl, they help an old Cough. Water wherein ſliced Onions have been ſteeped all night, kills the Worms in Children. Onions being ſliced and dipped in the juyce of Sorrel, and given to thoſe that have the Tertian Ague, helpeth them in once or twice taking. The ſeed ſtirreth up luſt, and increaſeth natural ſeed. A great Onion made hollow, and the place filled up with good Treacle, and well roaſted under the Embers, and then the outermoſt skin pulled off, and then beaten together and applyed to a Plague Sore or putrid Ulcer, is a ſovereign remedy; the juyce ſnuffed up into the Noſtrils purgeth the Head, and helps the Leproſie, and is good*

for ſcalding or burning: and being uſed with Vinegar, it takes away ſpots and blemiſhes in the skin, and dropped into the ears, it eaſeth the pains and noiſe in them. The juyce mixed with the decoction of Penniroyal, and a cloth wet therein and applyed, eaſeth the Gout. The juyce mixed with Honey cauſeth Hair to grow, a bald Head being anointed therewith. They help kibed Heels, being roaſted and applyed with Butter or Hogs Greaſe; being applyed with Figs, it helps to ripen Impoſthumes; and ſtamped with Vinegar and applyed, they provoke the Hemorrhoides and Piles: they are hurtful to Chollerick bodies; and immoderately eaten, eſpecially raw, they breed ill humours in the Stomach, offend the Blood, increaſe thirſt, dull the Sight and Memory, and cauſe the Head-ache.

Orange Tree. Aurantia.

I Shall not deſcribe this fragrant Tree, it being Outlandiſh, yet may be ſeen in ſome Engliſh Gardens, though it ſeldom comes to any perfection here.

Names.] They have been called *Aurea mala Heſperidum*, and by divers *Aurantia*; by *Dodonæus*, *Anarantium*, and by *Lobel*, *Malum Aureum*: The flowers are called *Napha*; and the Oyntment made thereof *Unguentum ex Naphâ*.

Nature and Vertues.] *Oranges are not wholly of one temperature; the rinde is hot in the firſt degree, and dry in the ſecond; and the juyce is cold in the ſecond degree and dry in the firſt, and the ſweeter are more hot then the ſowre ones. The peel is very good to warm a cold Stomach, to break Winde, and avoid cold Phlegm from thence; and being condited or preſerved, they mend a ſtinking Breath, help digeſtion, and ſtrengthen the Heart and Spirits. The juyce and inner ſubſtance is good againſt Corruptions of the Air, the Plague, and other hot Fevers, and is grateful to the Heart and Mouth of the Stomach, and ſtrengthens the ſame; it helps alſo wambling of the Stomach, heavineſs and trembling of the Heart, reſtrains*

Vo-

Vomiting, and loathing of meat, and quencheth Thirſt: the ſeeds reſiſt poiſon and are good to kill and expell Worms: the Ointment made of the flowers, is good for a Cough, and to expectorate raw Phlegm, the Stomach being anointed with it. The diſtilled water of the ſame flowers is good for perfumes, being very odoriferous; it is good alſo to drink againſt contagious diſeaſes, and helpeth cold infirmities of the Mother.

Orpine. Telephium.

Deſcription. COmmon Orpine ſpringeth up with divers round brittle ſtalks, thick ſet with fat and fleſhly leaves, without any order, and little or nothing dented, of a pale green colour: the flowers are white, or whitiſh, growing in tufts; after which come ſmall chaffy husks with ſeed, like duſt in them: the roots conſiſt of divers thick, round, white, tuberous clogs, not growing ſo big in ſome places as in others, where it likes the ground better.

Names.] The Latines call it *Telephium*, and *Sempervivum ſylveſtre*; it is called alſo by divers other names amongſt Authours, too tedious to rehearſe; and in Engliſh Orpine, and Live long.

Place and Time.] It is generally cheriſhed in Gardens, but groweth almoſt in every County of this Land, in ſhadowy ſides of Fields and Woods: they flower in *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] Dioſcorides *and* Galen *ſay the true Telephium is hot, and of a drying cleanſing quality; but that with us is cooling as Purſlain, and aſcribed to the Moon by* Culpepper. *The leaves of Orpine bruiſed and applyed to the Throat, cureth the Quinzy, which is an inflammation of the Throat and Gullet, hindring breathing and ſwallowing: it is ſeldom uſed inwardly with us, yet Mr.* Culpepper *brags much of a ſyrrup of it for the Quinzy, though not of experience.*

rience. But Tragus *ſaith, that in* Germany *the diſtilled water is uſed for excoriations and knawing of the Bowels, and for Ulcers in the Lungs and Liver, or other inward parts; as alſo in the Matrix, and ſtayeth ſharpneſs of humours in the bloody Flux, and other Fluxes of the Belly, or in Wounds. The root performeth the ſame effect: It is uſed outwardly to cool Inflammations of Wounds, and heal them, and to heal ſcaldings and burnings, the juyce beaten with Sallet Oyl, and the place anointed therewith: the leaf bruiſed and laid to a green Wound in the Hands or Legs healeth it. The root helps Burſtneſs and Ruptures.*

☞ See more of this in *The Art of Simpling*: by *W. Coles.*

One Blade. Unifolium.

Deſcription. THis plant ſpringeth up with one leaf, ſomewhat like the greateſt leaf of Ivy, but ribbed like the Plantain leaf; this leaf doth alwayes ſpring ſingly out of the earth alone; but when the ſtalk riſeth up afterwards, it hath two leaves upon his ſides like the former: at the top of the ſlender ſtalk cometh fine ſmall white flowers, after which ſucced many ſmall red Berries. The root is ſmall and tender, creeping far under the upper cruſt of the ground.

Names.] Its called *Monophyllon*, which word is borrowed of the Greeks; and in Latine *Unifolium*; in Engliſh One Blade, or One Leaf.

Place and Time.] It groweth in Woods, Paſtures, and ſhadowy places, but is not very common to be found: it flowers in *May*, and the fruit is ripe in *September.*

Nature and Vertues.] *One Blade is of a hot and dry temperature, and is a ſingular Wound Herb, eſpecially in Wounds amongſt the Nerves and Sinews; half a dram of the root given in Wine, and the Patient Sweating upon it, is effectual againſt Poiſons and Peſtilential Diſeaſes: and the de-*

decoction of the Herb with Comphrey is good againſt Ulcers of the Kidneys and Entrails.

Orris, or Flower de Luce. Iris alba.

Deſcription. ORris, or the Common Flower de Luce hath long large flaggy leaves, like a two-edged Sword; amongſt which ſpring up ſmooth and plain ſtalks, half a yard long, or longer, bearing flowers towards the top, compoſed of ſix leaves joyned together; whereof three that ſtand upright are bent inward one towards another, and in thoſe leaves that hang downwards, there are rough and hairy welts, riſing from the nether part of the leaf upward, almoſt of a yellow colour: The roots are long, thick, and knobby, with many hairy threds thereat; but being dry, it is without them and white.

Names.] It is called in Latine *Iris*, and *Radix Marica*; in Engliſh Flower de Luce, and Orris.

Place and Time.] They grow naturally in *France*, *Italy*, and thoſe Countreys, and are nouriſhed in Gardens with us: they flower about *May* and *June*, and the ſeed is ripe in the end of *Auguſt*.

Nature and Vertues.] *The green roots of Flower de Luce are hot almoſt in the fourth degree, but when it is dry is hot onely in the third: the juyce of the root extracted and clarified, and ſnuffed up into the Noſtrils, purgeth the head by ſneezing, and eaſeth pain of the head, and procureth reſt, being applyed with Roſe Cake and Vinegar, and cleanſeth ſpots in the Eyes: an Oyl made of the roots, called* Oleum Irinum, *comforteth cold Joynts and Sinews, eaſeth the Gout and Sciatica, mollifieth and conſumeth ſcrophulous Tumors, and helpeth the Cramp and Convulſions, and cold Rheumes diſtilling from the Head, and makes thin tough and cold Phlegm, that it may be the eaſier ſpit out, the Breaſt being anointed with*

with it; it eaſeth the Piles, helps pain and noiſe in the Ears, and ſtench of the Noſtrils: the root green, or in powder, cleanſeth and incarnates Wounds, and heals up Fiſtula's and Cankers: half an ounce of the root in powder, Cinamon and Dill, of each two drams, and a ſcruple of Saffron mixed together, and laid on a Scarlet Cloth, moiſtned in white Wine, and applyed to the Cods, helpeth pains and ſwellings of them. The green roots bruiſed and applyed, helps the Morphew, Spots, and other diſcolourings of the skin. The mouth being gargled with a decoction of the roots, it eaſeth the Tooth-ache, and mends a ſtinking breath; being mixed with honey and drunk it purgeth groſs phlegm and choller from the Stomach, and helps the Jaundies and Dropſie by evacuating thoſe humours upwards and downwards; it helps alſo ſhakings of Agues, diſeaſes of the Liver, Spleen, and the Stone in the Reins; it is good againſt Worms, and eaſeth pains in the Belly and Sides, Convulſions, and Cramps, and helps the involuntary paſſing away of the natural ſeed; being boiled in Vinegar and drunk, it helps the bitings of venomous Beaſts; and boiled in Wine and Drunk, it provokes Urine, and eaſeth the Chollick: an Electuary made hereof, is good for Aſtmah's, Coughs, and cold diſeaſes of the Lungs. If it be given in too great a doſe, or to weak perſons, it offendeth the Stomach, and cauſeth blood to be avoided. Let women with Childe not meddle with it, for it bringeth down their Courſes: and a peſſary made of the juyce with Honey, bringeth away the Birth. In gripings of the Bowels give it with Maſtick, in the joynt Gout with Caſtor, in diſeaſes of the Liver with Rhabarb and juyce of Egrimony; in the Dropſie with honey of Roſes.

☞ See further in *Adam in Eden:* written by *Will. Coles.*

☞ See further in *The Expert Doctors Diſpenſatory:* by *P. Morellus.*

Gar-

Garden or Common Flower de Luce.
Iris vulgaris.

Deſcription.

IT hath long flaggy leaves, having two edges like a ſword, amongſt which ſpring up ſmooth plain ſtalks, about two foot long, bearing blue flowers towards the top, conſiſting of ſix leaves joyned together, three whereof ſtand upright, and are bent inwards one towards another, the other three hang downwards, and have rough hairy welts riſing from the nether part of the leaf upward, almoſt of a yellow colour; the Roots be thick, long, and knobby, having many hairy threads hanging to them.

Names.] The Greek name is Ἶρις, and in Latine *Iris* and *Radix Marica*, becauſe of its faculty to cure the Piles: It is likewiſe called in Greek ἱερὶς, *quaſi ſacra*; whereupon it hath been alſo called *Conſecratrix*, the Ancients having accounted it holy.

Place and Time.] This *Flower de Luce* groweth commonly in our Countrey Gardens, the flowers being uſed for an ornament in houſes; they flower in *May* and *June*, and ſometimes in *April*.

Nature and Vertues.] *The green Roots of the* Flower de Luce *are hot almoſt in the fourth degree, the dryed Roots hot and dry in the third degree, burning the mouth and throat of ſuch as taſte them; the root ſtamped with Roſewater, and applied to the face plaiſterwiſe, takes away the blackneſs or blewneſs of any ſtroke or bruiſe, yet it is apt to cauſe heat and inflammation in a tender skin, unleſs prevented by laying a piece of Silk or fine Lawn between the plaiſter and the skin; the juyce of the Root vehemently draweth forth phlegm and watry humours, and is a ſpecial Purger for the Dropſie, being drunk in Whey, or ſome ſuch convenient liquour to allay*

the

the heat of it: The dry roots attenuate or make thin, clammy, thick, and tough humours; ſo that they are good in a lohoch, or licking medicine, for ſhortneſs of breath, the Cough and infirmities of the Cheſt; they remedy evil Spleens, Convulſions, Cramps, and bitings of Serpents, and running of the Reins, (as ſaith Dioſcorides) *being drunk with vinegar; and the decoction in wine being drunk, provokes Urine, helps the Chollick, and brings down the Courſes: The decoction uſed in bathes for women ſoftneth the Matrix; the roots being boiled ſoft, and laid to plaiſterwiſe, mollifieth hard knobs and ſwellings of the Kings-Evil; and the juyce of the root, or the root bruiſed applied to the Piles or Hemorrhoides eaſeth them much; the other Vertues which* Culpeper *hath promiſcuouſly miſapplyed to this, you may read in* Orris, *or White Flower de Luce in its proper place; obſerve well the temperature of this common Flower de Luce, and be careful how you uſe it; do not ask advice of the Moon, as* Culpeper *directs you, leſt your Cure prove lunatick.*

Water Flag, or yellow Flower de Luce.
Iris paluſtris Lutea.

Deſcription. THe Flag, or Water Flower de Luce, is like the Garden in roots, leaves, and ſtalks; but both leaves and ſtalks grow much higher; the leaves are a lighter green colour, and have ſharp edges like a two-edged ſword, the flower is pefect yellow, the root knobby like the other, but being cut, it looks like raw fleſh.

Names.] The Flag is called in Latine *Iris paluſtris lutea, Pſeudoacorus* and *Acorus paluſtris*, in Engliſh Water Flower de Luce, and Baſtard Flower de Luce, and Flags.

Place and Time.] They grow plenifully by Rivers ſides, and about Ponds, Pools, and ſtanding Lakes, and flower in *May* and *June*.

Ger-

Gerhard *ſaith, the Roots of Flags are cold, and dry in the third degree*; *and* Dedoneus *affirms them to be cold and dry in the ſecond degree*; *but by their taſte they appear to be hot, if they be chewed in the mouth, they will ſo warm the tongue of whoſoever taſtes them, that he will pronounce them to be hot and dry, and that at leaſt in the ſecond degree*; *they are aſtringent, and do binde, ſtrengthen, and condenſe, and therefore is good in Fluxes of Blood, whether at mouth, noſe, or other parts, and to ſtop Lasks, and the immoderate flowing of womens Courſes*; *the diſtilled Water of the Herb and flowers is good to waſh and cleanſe foul Ulcers in the privy parts of man or woman, Cancers, Inflammation of womens breaſts, and that ſpreading Ulcer called* Noli me tangere; *for which outward purpoſes an Oyntment made of the flowers is effectual*

Parſley. Apium hortenſe.

IT needs no deſcription,

Names.] It is called *Apium hortenſe* in Latine.

Place and Time.] It grows onely in Gardens in our Land, it perfects its ſeed in *Auguſt* the ſecond year after it is ſown.

Nature and Vertues.] *It is a* Mercurial *herb, and is hot and dry in the ſecond degree*; *the ſeed is hot in the ſecond degree, and dry almoſt in the third*; *its root is temperately hot*; *Parſley is excellent to provoke Urine, to break the Stone, and eaſe the pains thereof*; *it provokes the Terms, and is comfortable to the ſtomach, breaking winde both there and in the belly*; *the roots open obſtructions, and provokes urine mightily; and may be boiled and eaten like Parſnips for the purpoſes aforeſaid*; *for which the ſeed decocted in wine is very effectual*; *it is profitable for the Yellow Jaundies, Falling Sickneſs, and Dropſie: the root is one of the five opening roots, and is uſed amongſt other herbs and roots that move the belly downwards*;

wards; the ſeeds are effectual againſt venome and poiſon, and for them that have taken Litharge: it is alſo uſed amongſt other things for the Cough, and being boiled in white wine and drunk, it brings away the Birth and After-birth. The leaves of Parſley eaten after Onions or Garlick, takes away their offenſive ſmell, and ſuppreſſeth the Vapours that offend the head or eyes: the leaves laid to inflamed or ſwoln eyes with bread or meal, doth much help them, and it abates the hardneſs of womens breaſts cauſed by the curdling of their milk; it takes away black and blue ſpots and marks which come by blows, bruiſes, and falls, if it be fryed with butter, and applyed thereunto: the juyce mixed with a little wine, and dropped into the ears, eaſeth pains thereof; the diſtilled water is good to give Children for the frets, winde, or gripings in their bellies or ſtomacks.

Parſley-pert, or Break-ſtone. Calculum frangens.

Deſcription. THis riſes up with many leaves ſpread upon the ground, ſtanding upon a ſmall long foot-ſtalk, about the bigneſs of a mans nail, much dented in the edges, much like Parſley, but of a dusky green colour, the ſtalks are weak and ſlender two or three fingers long, ſet full of leaves to the top, ſo that the ſtalk cannot be ſeen, amongſt which come forth greeniſh yellow flowers, ſo ſmall, they can hardly be ſeen, and the ſeed is very ſmall, the root is ſmall and threddy, yet abideth many years.

Names.] *Lobel* gave it the name of *Percepier Anglorum*, and it is called *Calculum frangens* in Latine, in Engliſh, Break-ſtone.

Place and Time.] Parſley-pert delights in ſandy and fallowed Ground, and alſo amongſt Corn; it grow-

eth

eth commonly in moſt Countreys of this Nation, it is found from *April* to the end of *October*.

Nature and Vertues.] *It is cold and dry about the ſecond degree, I ſuppoſe under the influence of* Venus; *it is ſingular to provoke Urine, and expel gravel and the Stone in the Reins and Kidneys, waſhing it down by Urine, and expelling it out of the Bladder, either to drink the decoction of the ſaid herb in Wine or water, or the juyce in white Wine, taken morning and evening, or a dram of the dryed herb in powder drunk in white Wine or other drink firſt and laſt divers dayes together: it will make a good Sallet herb for the ſaid purpoſes, being pickled up like Sampire, and eaten as a ſauce in Winter when the green herb cannot be had.*

Parſnip. Paſtinaca.

I Think this needs no deſcription, *Paſtinaca* is their Latine appellation; they are common amongſt Gardners, and is a good root to be eaten buttered by it ſelf, or amongſt ſalt Fiſh; their particular vertues you may read before in Carrots, there being little difference but onely in colour.

Cow Parſnip. Spondylium.

Deſcription. THis plant is known by the name of wilde Parſnip, it anſwering thereunto both in his rank ſavour, and in the likeneſs of the root: the leaves hereof are long and large, deeply notched, or cut about the edges, like the teeth of a Saw, of an over-worn green colour, having long hairy foot ſtalks: the flowers grow in tufts like the wilde Parſnips, in white, and ſometimes reddiſh Umbels: the root is long and white like to the Henbane root. The whole plant hath an ill-favoured ſmell.

Names.] It is called in Greek σπονδύλιον, and in Latine

alſo *Spondylium*; in Engliſh Cow Parſnip, Meadow Parſnip, and Madnep.

Place and Time.] Cow Parſnip grows commonly in moiſt fertil Meadows and Paſtures, and flowreth in *June* and *July*, the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *It is manifeſtly hot of temperature, and of a cutting faculty: the leaves hereof being bruiſed and applyed doth conſume and diſſolve cold ſwellings: the Oyl wherein the leaves and roots hereof have been boiled, is good to anoint the Heads of ſuch as are troubled with the Lethargy, Forgetfulneſs, or the Head-ache, and much helpeth phrenetick or Melancholly perſons, their Heads being anointed with it. The ſeed of Cow-Parſnip being drunk in convenient liquor, purgeth Phlegm out through the Guts, helps ſhort windedneſs, the ſtrangling of the Mother, Jaundies, and falling ſickneſs, and the fume of the ſeed will revive ſuch as are fallen into a ſwoon, or deep ſleep, and helps womens paſſions of the Mother, the ſmoke being received underneath: The juyce of the flowers dropped into the ears, cleanſeth and healeth them of filthy matter, and ſtayeth the running thereof.*

The Peach Tree. Nux Perſica.

THis Tree is nouriſhed onely in Gardens, ſo that a deſcription is needleſs.

Names.] It is called in Latine *Nux Perſica*; I ſuppoſe the reaſon, becauſe they came originally from *Perſia*.

Nature and Vertues.] *The fruit is cold in the firſt degree, and moiſt in the ſecond; the Kernels be hot and dry: it is a tree aſcribed to* Venus. *Peaches moderately eaten (as all fruit ought to be) are good for hot conſtitutions, to cool the Stomach, and looſens the Belly: according to* Galen, *the beſt time of eating them is before meals, for then they molliſie the Belly, provoke appetite, and qualiſie choller in the Stomach.*

mach. The Kernels of the Stones are profitable amongſt other ingredients to break the Stone, and do eaſe pains and gripings of the Belly, cauſed through windineſs and ſharp humours: an oyl drawn from them and put into Gliſters doth the like. A milk or cream of the ſaid Kernels being drawn forth with ſome Vervain water, and applyed to the Forehead and Temples, doth procure reſt to ſick perſons; and ſo doth the ſaid oyl, the places aforeſaid being anointed with it: the ſame Oyl, or the juyce of the leaves dropped into the Ears, eaſeth pains of them; and being bruiſed and boiled in Vinegar till they be thick, and applyed to a bald Head, it cauſes hair to grow. The leaves boiled in Ale, or Milk, and drunk, looſens the Belly, and killeth worms; and ſo they do being bruiſed, and laid on the Belly; and being dryed they diſcuſs humours. The powder whereof ſtrewed upon freſh bleeding Wounds, ſtayeth the bleeding, and cloſeth them up: The flowers infuſed all night in Wine in a warm place, and ſtrained in the morning, and drunk gently, moves the Belly; or you may make a ſyrrup of them, by infuſing freſh flowers in the liquor ſix or ſeven times ſtill ſtraining it, and then boil it to a ſyrrup with a convenient quantity of Sugar, and take two ſpoonfuls thereof, and it will purge wateriſh humours without trouble to the Stomach, or lower parts of the body. A conſerve made of the ſaid flowers provokes Vomiting, and waſteth hydropick humors. The liquor that droppeth from the Tree, being wounded, is given in the decoction of Colts-foot for the Cough and ſhortneſs of Breath, by adding thereto ſome ſweet Wine and Saffron; and it is good for Hoarſeneſs, and all diſeaſes of the Lungs, and for them that vomit or ſpit blood; two drams thereof taken in the juyce of Lemons or Radiſh, is good for the Stone.

The Pear Tree. Pyrus.

THere are divers ſorts of them, but all ſo well known, they need no deſcription.

Names.] The Latine name is *Pyrus*, and the wilde Pear *Pyraſter*; the Warden *Volema*.

Nature and Vertues.] Culpepper *aſcribes all Pears and Apples to* Venus, *but he might allow* Jupiter *ſome of them: they are ſaid to be cold and moiſt in the firſt degree, having an earthy ſubſtance, and binding quality; but the ſweet Pears do move the Belly, the harſh and ſowre binde as much: the Warden is moſt commendable, and may be given to thoſe that are ſick, being firſt baked, ſtewed, or roaſted. Pears being boiled and taken with a little Honey, helps the pains and oppreſſion of the Stomach. Pears outwardly applyed are good for hot Tumors, and cloſe and heal new Wounds, and ſo do the leaves; for which the wilde Pear is moſt effectual.*

Perry is a cordial drink, reviving the Spirits, comforting the Heart, and is a healthy drink.

Peaſe. Piſum.

THey are very well known, and are called in Latine *Piſum*; in Engliſh Peaſe, and Peaſon.

Nature and Vertues.] *They are of a mean temperature, leſs flatuous then Beans, yet paſs not ſo ſoon through the body; they help the generative and procreative faculty very much; they increaſe the ſeed and bodily luſt, and alſo milk in womens breaſts: The dryed peaſe ſodden in water, and a lye made therewith, helps ſpreading ſores of the head, ſpots of the face, and other diſcolourings of the skin. The broth wherein they have been boiled is good to take purgations in, to cleanſe the Stomach of cold and moiſt humors. The pottage is good for the Strangury, and to take with Sena morning and evening for the Ague, and Rhubarb for the Jaundies. The powder of them ſtops bleeding at the Noſe. The red Ciches have a cleanſing faculty, they provoke Urine, and break the Stone.*

Pel-

Pellitory of Spain.

Deſcription. THis beareth long leaves, finely cut upon the ſtalks lying upon the ground, larger then the leaves of Camomill; at the top it bears one large flower at a place, white on the upper ſide and reddiſh underneath, having a yellow thrum in the middle: The root runs down right into the ground.

There is another kinde which riſeth up with divers brittle ſtalks, a yard high and more, having narrow long leaves, finely dented about the edges, ſtanding one aboye another to the top, and hath many white flowers which ſtand in tufts like thoſe of Yarrow, with a ſmall yellowiſh thrum in the middle, which yields a ſmall ſeed: the root is of a ſharp biting taſte.

Places and Time.] The firſt groweth onely in Gardens, the latter by hedges ſides and paths in many places: it flowers in the latter end of *June* and *July*.

Nature and Vertues.] *It is hot and moiſt, particularly ruled by* Mercury, *ſo that it is a purger of the Brain: the herb or the root chewed in the mouth, draweth away phlegmatick humors, and eaſeth pains of the Teeth, and binders diſtillations of the brain, upon the Eyes and Lungs, and by that means prevents Coughs, Ptiſicks, and Conſumptions, the Apoplexy and Falling Sickneſs, and is good for the Lethargy: The herb made into an Oyntment with Hogs Greaſe takes away black and blue ſpots cauſed by blows or falls. It is ſaid an ounce of the juyce taken in a draught of Muſcadel, an hour before the fit, will drive away an Ague at the ſecond or third time taking at furtheſt.*

Pellitory of the Wall. Herba muralis.

Deſcription. COmmon Pellitory of the Wall hath many browniſh red tender ſtalks, riſing

not above a foot high at moſt; upon which grow at the ſeveral joynts two leaves, of a dark green colour, afterwards turning browniſh, ſmooth on the edges, and rough or hairy like the ſtalks at the joynts with the leaves, from the middle of the ſtalks upwards come many ſmall pale purpliſh flowers in hairy heads or husks; after which come ſmall, black, rough ſeed, which will ſtick to any Garment, or cloth: the root is ſomewhat long, with many fibres, of a dark reddiſh colour, which abideth all Winter, though the ſtalks and leaves periſh, ſpringing freſh every year,

Names.] It is commonly called *Parietaria*, and of ſome *Herba muralis.*

Place and Time.] It grows upon old ſtone Walls, as upon the Walls of *Rocheſter* Caſtle in *Kent*, and amongſt rubbiſh, and ſuch like places; flowers in *June* and *July*, and the ſeed is ripe ſoon after.

Nature and Vertues.] *Pellitory of the Wall is reputed to be cold and moiſt, yet it is thought to be hot, becauſe it is effectual againſt Winde, and the Stone; it is alſo aſcribed to* Mercury. *The decoction of the herb taken with a little honey, is a good Gargle for a ſore Throat; and being drunk without Honey, it eaſeth pains of the Mother, provokes the Terms, and helps obſtructions of the Liver, Spleen, and Reins: three ounces of the juyce taken at a time, helps ſtopping of Urine, and expells the Stone and Gravel out of the Reins and Kidneys, and is good in Gliſters to eaſe pains of the Sides and Back proceeding of Winde. The juyce held in the mouth eaſeth the Tooth-ache. The powder of the dryed herb made into an Electuary with Honey, or the juyce or decoction taken with Sugar or Honey, is good for an old dry Cough, ſhortneſs of Breath and Wheeſing. The bruiſed herb being ſprinkled with ſome Muſcadine, and warmed upon a Tyle, or a Chafing-diſh of Coals, and applyed to the Belly, works the ſame effect. The*

leaves

leaves mixed with Oyl of ſweet Almonds, is good for the Stone, Winde, or gripings, being laid to the pained parts; the juyce dropped into the ears, ceaſeth the noiſe, and eaſeth the pains thereof: The juyce applyed with a little ſalt doth cleanſe and heal Fiſtula's: the bruiſed herb bound to a green wound healeth it in two or three dayes: A Pultis made hereof with Mallows boiled in wine, with wheat-bran, bean-flower, and ſome oyl, and applyed warm to any bruiſed Sinew, Tendon, or Muſcle, it reſtores them to their ſtrength in a ſhort ſpace, and eaſeth pains of bruiſes, and diſſolves congealed blood of beatings or falls: The juyce or the diſtilled Water is uſeful for many of the aforeſaid purpoſes, and alſo to cleanſe the skin from ſpots and freckles, wheales, ſun-burn, and morphew; and doth aſſwage hot Impoſthumes, burnings, ſcaldings, or inflammations, as St. Anthonies *fire, being often bathed with wet cloathes dipped therein; or the juyce made into an oyntment with Ceruſe and Oyl of Roſes, and anointed therewith, which alſo doth cleanſe foul Ulcers, and running Scabs in childrens heads, and helpeth to ſtay the falling off of the hair from the head.*

Pennyroyal. Pulegium Regale.

THis is ſo well known to be a very wholeſome herb, that it needs no other report but onely of its Vertues.

Names.] It is called in Latine *Pulegium Regale*; in Engliſh Pudding-graſs, (becauſe it is uſed in Hogs-puddings) Pulial-Royal, and of ſome Organy.

Place and Time.] It grows upon Commons and other moiſt watry places, and is alſo cheriſhed in Gardens, and flowers about *Auguſt* or later.

Nature and Vertues.] *Penniroyal is hot and dry in the third degree, as* Gallen *ſaith, of ſubtle parts, making thin, warming and digeſting, and governed by* Venus: *A decocti-*

on of it in beer or wine provokes the Courſes, and being boiled in wine it will expel a dead Childe, and the after-birth: It ſtayeth vomiting, and helps gnawing of the ſtomach, being taken with water and vinegar; the decoction is good in the Falling-ſickneſs, Dropſie, Jaundies, ſtopping of Urine, and the Leproſie; being mixed with honey and ſalt it clears the breaſt, opens the Lungs, helps Cramps, and purges melancholly humours by ſtool; and being drunk in wine it helps ſuch as are ſtung by venomous beaſts: being beaten with mint and ſome vinegar added to it, it is profitable againſt fainting and ſwooning, being ſmelled to, or held in the mouth, and ſo it is good for the Lethargy and Falling-ſickneſs. The powder of the Herb, or the aſhes of it ſtrengthens the gums; and being boiled in wine with honey and ſalt, helps the tooth-ache: It alſo eaſeth the Gout, and profits thoſe that are ſpleenatick or liver-grown, being applyed with ſome ſalt: A bathe made of it for women to ſit in, helps hardneſs of the Mother, and ſo it helpeth the Itch: The green herb bruiſed with vinegar, takes away black and blue marks about the eyes, or other places, and diſcolourings in the face, and cleanſeth and healeth foul Ulcers; it helps cold griefs in the joynts, being faſt bound to the place after a bathing: The diſtilled Water is effectual for many of the ſame purpoſes.

Piony. Pionia.

OF this Plant there are generally accounted theſe two kinds, the male and the female, which are both ſo well known, that they need not a particular deſcription, onely this, the male is that which is called a ſingle Piony, bearing a ſingle flower; and the female the double Piony, which hath a very thick flower.

Names.] *Pionia* is the common Latine name for it, yet it's called by ſome *Lunaria*, becauſe of its efficacy in curing the Falling-ſickneſs and Lunacy.

Place

Place and Time.] They grow onely in Gardens, and flower in *May*, and the ſeed is ripe in *July*.

Nature and Vertues.] *It is temperately hot and dry, the root doth gently binde, it is a Solar Herb: The heads, roots, and ſeeds, but eſpecially the roots are very effectual for the Falling-ſickneſs; being taken up and hung freſh about Childrens necks, it cures them; the root infuſed in Sack twenty four hours, and ſtrained, and a good draught drunk firſt and laſt ſeveral dayes before and after the full of the Moon, the body being firſt well prepared, and Betony Poſſet being uſed, it effectually helps the Falling-ſickneſs both in children and elder people: The powder of the male Piony root drunk in wine or poſſet drink, will do the ſame: and ſo doth an extraction made of the roots, and the ſyrrup made of the flowers: The root comforts and cheriſhes the body, provokes urine, purges the Liver and Kidneys, and being boiled in wine and drunk, it purges the blood, the terms, and ſecondine, the quantity of an Almond being taken at a time: it helps gripings of the belly, and pain of the Kidneys and Bladder, and the overflowing of the Gall, the Chollick, and cleanſes the guts, paſſions of the brain, and the Strangury, being boiled in wine and drunk: The powder of the root with Saffron is good againſt the yellow Jaundies: the black ſeed provokes the Terms, and helps thoſe that are troubled with the Night-mare, being taken night and morning: the ſame in powder drunk with wine, comforteth the ſenſes, and reſtoreth loſt ſpeech.*

Pepper. Piper.

I Shall not deſcribe this forreign Tree, but onely tell you the Vertues of the fruit, being all that part of it which is to be ſeen in *England*.

Nature and Vertues.] *There is brought to us black Pepper, white Pepper, and long Pepper: It is hot and dry in the third degree, well near the fourth: The black Pepper is moſt uſed,*

and

and is good to conſume crude and moiſt humours in the ſtomach, to provoke appetite, help digeſtion, and warm a cold ſtomach; it diſſolves winde, provokes urine, helps the Cough, and diſeaſes of the Breaſt, and is good againſt poiſons and venomous bitings: being drunk in Poſſet-drink before the fit of an Ague, it abates the ſhaking thereof; and being taken with honey, it abates the ſwelling of a Quinzie: The powder ſnuffed up purges the brain by ſneazing, it conſumes the Pin and Web in the Eye, and helps dimneſs of the ſight: It ſtrengthens the Nerves and Muſcles, diſſolves the Kings Evil, and hard cold ſwelling; being applyed with pitch it draws out thorns: The powder of long Pepper and Cinquefoil drunk in Ale eaſeth the Chollick: But ſuch as are of hot conſtitutions muſt forbear the much uſe thereof.

☞ See further of this in *Culpeppers School of Phyſick.*

Periwinckle. Vinca Pervinca.

Deſcription. THere be divers ſorts of Periwinckle, ſome with white flowers, ſome with blue, and others with purple flowers; the common ſort of Periwinckles hath many branches running upon the ground, ſhooting out ſmall fibres at the joynts, by which it taketh hold on the ground, and rooteth at divers places: At the joynts of the branches ſtand two ſmall dark green ſhining leaves, ſomewhat like Bay-leaves, but ſmaller; and with them come the flowers one at a joynt, upon a tender foot-ſtalk, being ſomewhat long and hollow, parted at the brims into four (and ſometimes five) leaves, of a pale blue colour: the root is not much bigger then a Ruſh, creeping with his branches far about in the ground.

Names.] It is moſt known by the names of *Vinca Pervinca*, though it is alſo called *Clematis Daphnoides*, both in Greek and Latine, in Engliſh *Pervinckle*, and *Periwinckle*.

Place

Place and Time.] The common ſort with the blue and that with the white flowers grow under hedges in many places of this Land; the other onely in curious Gardens: They flower in *March*, *April*, and *May*.

Nature and Vertues.] *It is hot almoſt in the ſecond degree, and ſomewhat dry and aſtringent, it is appropriated to* Venus, *and ſaid to encreaſe milk in womens breaſts, and to cauſe mutual love between man and wife, the leaves being eaten by them both: and likewiſe the herb chewed ſtayes bleeding at mouth and noſe, and is uſed by the French to ſtop the Tearms: It is commended to be drunk in wine againſt Lasks and Fluxes of the belly; the bruiſed herb applyed to the place is good againſt the biting of Adders, and the infuſion of the herb in vinegar drunk: It is reported that the branches or ſtrings bound about the legs defends from the Cramp; but I never tryed it, being never troubled with that diſeaſe.*

St. Peters-wort.

THere is ſo little difference in form, and much leſs in vertue, between this Herb and St. *Johns-wort*, that I need ſay no more of it here, but refer you to St. *Johns-wort*.

Pimpernel. Anagallis.

Deſcription. PImpernel hath divers weak ſquare ſtalks lying on the ground, with two ſmall and almoſt round leaves at every joynt, much like Chickweed, but thicker, and ſpotted on the backſide with browniſh ſpots, without any foot-ſtalks, for the leaves almoſt compaſs the ſtalks; the flowers ſtand ſingly each by themſelves at the joynts between them and the ſtalks, having five ſmall round pointed leaves, of a pale red colour, tending to an Orange, with ſo many threads in the middle, after which come ſmall round heads, wherein is contained the ſeed, being

being ſmall. It hath a ſmall fibrous root, periſhing every Winter.

Names.] It is called *Anagallis* both in Greek and Latine, and by many other uſeleſs names; yet by ſome *Corallion*, and the Compoſition thereof *Diacorallion.*

Place and Time.] It grows by High-wayes ſides, in Corn fields, and in Gardens too of its own accord almoſt every where: It flowers from *May* till *Auguſt*, ſome of the ſeed ripening and falling in the mean time.

Nature and Vertues.] *It is a Solar Herb, ſomewhat hot, and of a drying faculty, and drawing; it draweth thorns, thiſtles, and ſplinters out of any part of the body, and cleanſeth and healeth corrupt and fretting ſores, being bruiſed and applyed thereunto: The decoction in wine is good againſt venomous bitings, pain of the Kidneys and obſtructions of the Liver, and is good in contagious diſeaſes, the Patient ſweating in bed two hours hours after the taking of it, that the venomous matter may be expelled; it helps alſo biting of mad dogs and other venomous creatures, being inwardly and outwardly applyed: The juyce mixed with honey and dropped into the eyes, cleanſeth them from miſts and films; it alſo eaſeth pains of the Hemorrhoides and Piles: The diſtilled water is good for all the aforeſaid purpoſes, and beautifies the skin, making it ſmooth, neat, and clear: The juyce ſnuffed up into the noſtrils purgeth the head, and is ſaid to help the Tooth-ache.*

Pine Tree. Pinus.

THis Forreign Plant I forbear to deſcribe, he being onely planted by the curious in our Countrey. It is called *Pinus* in Latine, and the fruit *Coni.*

Nature and Vertues.] *The Bark is drying and aſtringent, the Kernels do moderately heat and concoct: the leaves are cooling, and belongs to* Venus *Garden. The leaves boiled in Vinegar, is a good gargle for the Tooth-ache. The Kernels*

niels nouriſh much, they ſtir up bodily luſt, and increaſe ſperm, being taken in an Electuary with powder of Penids and ſome ſweet wine. They are good to help ſhortneſs of Breath, wheeſings and Hoarſeneſs, Ulcers of the Lungs, an old Cough, and to expectorate tough Phlegm. They lenifie the uritory paſſages, ripen inward Impoſthumes, and hearten and make fat lean Bodies, and help Palſie and Numneſs. The ſcales of the Apple and bark of the Tree ſtop the Bloody Flux.

Plantain. Plantago.

PLantago is its Latine appellation, and by the name of Plantain it is well known every where in *England:* it flouriſheth in *June*, and the ſeed ripens ſhortly after.

Nature and Vertues.] *Plantain is cold and dry in the ſecond degree; the roots and ſeeds are of ſubtle parts: It is by ſome aſcribed to* Mars, *by* Culpepper *to* Venus; *yet I think the Sun hath moſt right to it: It helpeth Wounds and Inflammations in the Tongue, Mouth, and Throat, and alſo Cankers, and eating Sores, if it be mixed with Vinegar, Honey, and Allom, and the mouth often gargled therewith: The juyce or herb ſtayes bleeding at noſe, and bleeding of wounds; the clarified juyce or water dropped into the eyes, cooleth their heat, takes away the pin and web, and dropt into the ears it eaſeth their pains, and helps deafneſs; and mixed with juyce of Houſleek, it is good againſt inflammations, and burning or ſcalding; the temples and forehead being anointed with the juyce and oyl of Roſes, it eaſeth pains of the head, which are cauſed by heat, and helps lunatick perſons, and the bitings of mad dogs and ſerpents: The clarified juyce drunk by it ſelf, or in other liquor, heals a Vein broken inwardly, and ſtayes bleeding at the mouth, and ſpitting of blood, and heals Ulcers in the Reins and Bladder, and in the Lungs, and hot Coughs, whereby it is profitable againſt Conſumptions; it ſtops the Tearms and other Fluxes, and helps torments and frettings*

in the guts; the decoction or powder of the root or ſeeds is more binding then the herb, and is ſaid to help Agues; a Cake made of the ſeed in powder with wheaten flower, and the yolk of an egg, and baked, ſtayes vomiting: The herb, but more eſpecially the ſeeds, is good againſt the Falling-ſickneſs, the Dropſie, Jellow Jaundies, and ſtopping of the Liver and Reins; the powder of the leaves taken in drink killeth worms; the green leaves will ſoon skin the ſeat when the skin is off with riding, or any other place, being applyed: A Salve made thereof with Oyl, Wax, and Turpentine, cureth deep wounds; the juyce or herb bruiſed with vinegar helpeth ſurbated feet: a decoction of the leaves kills worms in old foul Ulcers; the juyce with oyl of Roſes is good to be applyed to hot Gouts, to cool the heat, and repreſs the humours, and is good to be applyed where a bone is out of joynt, to hinder inflammations, ſwellings, and pains thereof: one part of Plantain-water, and two parts of the brine wherein Beaf hath been powdered, boyled together and clarified, heals ſpreading Scabs and Itch, Tetters and Ring-worms, the Shingles, and all running and fretting Sores.

Plum-Tree. Prunus.

THere are ſeveral kinds, yet they need no deſcription. *Names.*] They are called *Prunus* and *Prunum* in Latine: and Damſons are called *Pruna Damaſcena*, or Damask Prunes, from *Damaſcus* where they naturally grow. They commonly bloſſom in *April*, and yield their fruit in Summer, ſome early, and ſome later.

Nature and Vertues.] *They are cold and moiſt in the ſecond degree, the ſharp and ſowre binde the belly, the ſweet moiſten the ſtomach, and move the belly: Mr.* Culpeper *ſaith,* Venus *ſhall eat them all, but I think it reaſon that* Jupiter *ſhould have ſome of them; the Plums which are of a firm ſubſtance are the beſt, for thoſe that are very moiſt do fill the body with corrupt blood and waterish humours: being preſerved they are*

the

the wholeſomeſt, and moſt grateful to the ſtomach either of the ſick or healthful: The dryed Prunes ſold at the Grocers, being ſtewed and eaten do procure appetite, a little open the belly, allay choller, and cool the ſtomach, eſpecially if a little Sena and Rhabarb be ſtewed amongſt them, for then they become more purging, and evacuate chollerick humours, do help weak ſtomachs, and are good in Feavers and other hot diſeaſes: The Gum that iſſues out of the trees being drunk in wine is good againſt the Stone, the ſaid gum or the leaves being boiled in vinegar and applyed, kills Tetters, Ring-worms, and the Leproſie: A decoction of the leaves in wine is good to gargle and waſh the mouth and throat, and to dry up the flux of Rheum that falleth down to the Pallat, Gums, or Almonds of the Throat.

Poley-Mountain. Polium montanum.

THis Plant grows not naturally in *England*, but may be had at the Apothecaries ſhop, to which I refer you: It is called in Latine *Polium*, but more uſually with the Epithet *montanum*.

Nature and Vertues.] *Poley is dry in the third degree, and hot in the end of the ſecond, of a loathſome bitter taſte. It is uſeful to open obſtructions eſpecially of the Liver and Spleen; and the decoction thereof drunk helps ſwelling of the Spleen, the Jaundies, and Dropſie, being boiled in Vinegar and Water. It reſiſts poiſon, and is uſed in Antidotes for that purpoſe; the fumigation thereof drives away Vermin, it moves the belly and the tearms, and being applyed green, it ſoders up the lips of wounds; and being dry it healeth foul ſores or ulcers.*

Polipody of the Oak. Polipodium.

Deſcription. POlipody of the Oak is a ſmall Herb, conſiſting of nothing but roots and leaves, bearing

bearing neither flower nor seed; from the root groweth up three or four leaves singly by themselves, winged and about a handful high, having many small narrow leaves on each side the stalk, large below, and growing smaller and smaller towards the top, cut into the middle rib, but not dented on the edges, (as the male Fern is) of a sad green colour, smooth on the upper side, but rough on the under side, by reason of some yellowish spots thereon. The Root is smaller then ones little finger, but long and creeping asloap, and hath a sweetish harshness in the taste.

Names. It is called in Latine *Polipodium*, in English Polipody of the Oak.

Places and Time.] That which grows upon Oaks is the best, yet Polipody is also found upon old stumps of other trees, as Beech, Hazle, and Willow, and sometimes in the woods under them, upon old walls, and slated Churches, and in many other places: It is alwayes green, and may be gathered at any time; yet it shoots forth fresh leaves in the Spring.

Nature and Vertues.] *It is hot and dry in the second degree, and that which growes upon the Oak partakes of the nature of the Oak, and is an herb of* Jupiter, *whatever others say. The herb taken in decoction, broth, or infusion, purgeth burnt choller, tough and thick Phlegm, and dryeth up thin humours, and is good for Melancholly and Quartain Agues; for which it may also be taken in Whey, Barley-water, or honied water, or the broth of a Chicken with* Epithymum, *or Beets and Mallows added thereto. The distilled water of the roots and leaves taken with Sugarcandy, is good against wheazings, Coughs, and distillations of thin Rheum upon the Lungs, which cause Ptisicks and Consumptions. It is good to soften the Spleen, and ease Stitches in the sides, and the Chollick. A dram or two of the Powder of the dryed Roots taken in honeyed water, worketh gently for the purposes aforesaid; the distil-*

diſtilled water is likewiſe commended for Quartain Agues, and againſt melancholly Dreams; it cures the diſeaſe in the Noſe called Polipus, and helpeth clefts or chops that come between the fingers or toes, being applyed thereunto. The freſh roots beaten ſmall, or the powder of the dryed root mixed with honey, and applyed to a member that hath been out of joynt, and is newly ſet again, doth much ſtrengthen it; ſome put Fennel ſeeds, Anniſeeds, or Ginger to it to correct it, which it needs not, being a gentle medicine of it ſelf, and an Ounce of it may be taken at a time in a decoction, if there be not Sena or ſome other ſtronger purger with it: I have found it very effectual in decoctions with other Pectoral Herbs, for opening and cleanſing the Liver and Lungs.

Pome-Citron Tree. Malus Citria.

THis Outlandiſh Tree is called in Latine *Malus Perſica*, and *Malus Aſſyria*, and alſo *Malus Citria*, *Pomum Citrium*; and in Engliſh Citron.

Place and Time.] They grow in *Spain* and other hot Countreys, and flower and bear fruit all the year.

Nature and Vertues.] Avicen *ſaith the Seed is hot in the firſt degree, and dry in the ſecond; the Bark hot in the firſt, and dry in the end of the ſecond; the inner white ſubſtance hot and moiſt in the firſt degree, and the Juyce cold and dry in the third degree: It is a Solar Plant, and a ſovereign Cordial for the Heart, an Antidote againſt Poiſon and Infections, the outer rinde being dryed and taken; it alſo warms and comforts a cold Stomach, expells and diſperſes Winde and indigeſted humours therein, and in the Bowels, and helps digeſtion and melancholly; it helps a ſtinking breath, being chewed in the mouth. The outward rindes preſerved are a good Cordial, and very effectual againſt melancholy and infection. There is an Electuary made thereof which purgeth cold phlegmatick humours; the Syrup of the Rindes*

ſtrengtheneth the ſtomach and heart, and helps faintings thereof, and reſiſts poiſon, and ſtrengthens nature, and is good for ſuch as are in Conſumptions or Hectick Feavers: The Syrup of the juyce is effectual for moſt of the ſame purpoſes; the ſeeds preſerve the heart from infection of the Plague, Pox, and venomous Bitings; they kill Worms, provoke the Tearms, and cauſe Abortion: They dry up and conſume moiſt humours in the body, or outwardly in moiſt Sores or Ulcers: The ſowre juyce is good in Peſtilential Feavers, ſuppreſſing the violence of Choller and hot diſtempers in the Blood, corrects the Liver, quenches thirſt, ſtirs up an appetite, reſiſts venome and infection, and refreſhes fainting ſpirits.

The Pomegranate-Tree. Malus Granata.

THis Plant groweth alſo in hot Countreys, as in *Spain* and *Italy*, but chiefly in *Granado*; yet it is uſeful in Medicine with us, therefore I ſhall not omit its Vertues. It is called in Latine *Malum Granatum*, or *Punicum*, and *Granatum*: the Flower *Balauſtium*, the Rinde *Sidium*, but more generally *Cortex Granatorum*.

Nature and Vertues.] *Thoſe that are ſweet are helping to the ſtomach, and are ſomewhat hot; but the ſowre ones and ſeeds of each are cold and aſtringent, it is an Herb of* Venus. *The flowers and ſhells in powder help to ſtay blood in Wounds, and the Kernels dryed in the ſun, ſtop fluxes of the Belly and Matrix, and helps ſpitting of blood being drunk in raw water; and ſo do the flowers and rindes: The Juyce and the Kernels, or the Syrup, is good to quench thirſt in burning Fevers, and hot diſeaſes; a Gargariſme or Lotion made of the Rindes is good to bring down the hot ſwellings of the Almonds in the Throat; the juyce of the Kernels ſodden with Honey is good for ſores of the Yard, Mouth, and Fundament, and for looſeneſs of the skin about the nails, and ſwellings and knots*

knots in any part of the body; a decoction of the ſeeds is good to ſtrengthen and faſten the Teeth.

Poplar, Vide *Aſpen Tree.*

Poppy. Papaver.

Deſcription. THere be divers kindes of Poppies, as white Garden Poppy, black Garden Poppy, red wilde Poppy, or Corn-roſe; the two firſt grow onely in Gardens where they are ſown; the other is ſo well known in almoſt every Corn field, that it needs no deſcription.

Names.] *Papaver* is the general Latine Name for Poppy, yet to the wilde red Poppy is added the Adjectives *erraticum, rubrum,* or *ſylveſtre*; and it is generally known by the Engliſh Names of Redweed, Corn-roſe, and Cheeſebouls.

There is another kinde called *Papaver ſpumeum,* Spatling Poppy, being uſually found with a froth like ſpittle upon the ſtalks and leaves more then upon any other Plant: It hath many weak tender ſtalks full of joynts, about a foot or half a yard long, uſually lying on the ground, whereon grow many pale whitiſh green leaves, two alwayes ſet together at the joynts, one againſt another, having many times upon the leaves, but more often upon the ſtalks at the joynts, a white frothy ſubſtance, like that which is called Cuckow-ſpittle, or Wood-ſeer: at the tops of the ſtalks upon many ſlender foot-ſtalks ſtand divers white flowers compoſed of five ſmall leaves a piece, with a deep notch in the middle of every one of them, ſtanding in a thin looſe ſtriped huſk, wherein afterwards is contained black ſeed. The Root is white, and ſpreadeth in the ground, continuing many years, but the roots of all the other Poppies dye every Winter.

Place and Time.] The two firſt (as I told you) grow

onely in Gardens where they are ſown; the red weed almoſt in every Corn Field; the ſpatling Poppey grows alſo in Corn Fields, ſometimes in Paſtures, and by highway ſides: they begin flowring in *May*, and continue till the end of *July*. The ſeed is ripe preſently after.

Nature and Vertues.] *The Moon claims particular dominion over theſe Herbs, and aſſigneth them theſe Vertues: A ſyrrup made of the Garden Poppey heads with the ſeeds, procures reſt and ſleep in ſick perſons, and ſtayeth Catarrhs, and defluxions of thin Rheumes from the Head upon the Stomach and Lungs, which cauſe a continual Cough, the fore-runner of a Conſumption: The ſeed of black Poppey drunk in Wine, ſtops the Flux of the Belly, and the overflowing of the Tearms. A pultis made of the green knops, with Barley Meal and Barrows Greaſe, helps St.* Anthonies fire; *and the green knops being ſtamped with Vinegar, womans Milk, and Saffron, mightily eaſeth the Gout, and cureth another kinde of St.* Anthonies fire *called Eryſipelas; and put into the Fundament as a Gliſter it cauſeth ſleep. The condenſate juyce is called* Meconium, *and is many times uſed in Narcotick Medicines inſtead of the true* opium *which is brought from* Thebes, *but it is weaker; it is an ingredient in Treacle and Mithridate, and other Medicines made to procure reſt and ſleep, and to eaſe pains of the Head, and other parts, and is uſed to cool Inflammations, Agues, and Phrenzies; but it muſt be carefully uſed inwardly, for too great a quantity cauſeth the Lethargy, and ſometimes death; it giveth much eaſe in the Gout, being outwardly applyed, and eaſeth the pain of hollow Teeth, being put therein. The Syrrup made of the Redweed Flowers, or wilde Poppey, is good againſt Surfeits, cools the Blood, and may be ſafely given in Fevers, Phrenſies, and hot Agues, and other Inflammations. The diſtilled water of the ſaid flowers is good to drink morning and evening againſt Surfeits, and is effectual in the Pluriſie, and all other griefs of*

the

the Breaſt and Head. The dryed flowers boiled in water, or the powder of them drunk in the diſtilled water, or in ſome other drink, worketh the ſame effect. The Syrrup of Meconium *or* Diacodium, *which is made of the heads of white and black Poppeys, may ſafely be given to thoſe which are troubled with hot and ſharp* Rheumes. *According to* Gallen, *the ſeeds of ſpatling Poppey purgeth Phlegm, and* Dioſcorides *ſaith it cauſeth Vomiting; but being taken in Mead or Honeyed Water, it is good for them that are troubled with the Falling Sickneſs.*

Purſlain. Portulaca.

IT is a well known Garden Sallet Herb, and needs no deſcription.

Names.] It is called *Portulaca* in Latine.

Place and Time.] It may be ſown in *March* or *April*, and flouriſheth from *June* till *Michaelmas*.

Nature and Vertues.] *Purſlain is cold in the third degree, and moiſt in the ſecond, and is alſo a Lunar Herb: it is a good Sallet eaten with Oyl and Vinegar, to provoke Appetite, and cool a hot Stomach; it faſtneth the Teeth, aſſwageth the ſwelling of the Gums, and cooleth the Mouth, and eaſeth the pains of the Teeth; it is good in hot Agues, and to cool the Liver, Blood, and Reins, ſo that it ſtops Chollerick Fluxes of the Belly, Womens Courſes, and the Gonorrhea, diſtillations from the Head, and eaſeth pains proceeding from Heat, want of ſleep, or the Phrenzy: The ſeed cools the heat and ſharpneſs of Urine, abates the heat of Luſt, and Venerious Dreams, and the overmuch uſe thereof extinguiſheth the natural ſeed: the ſeed bruiſed and boiled in Wine and given to Children, killeth Worms. The juyce is ſingular good for all the ſaid purpoſes, and for Inflammations or Ulcers in the ſecret parts, and helpeth excoriations in the Bowels, and the Hemorrhoides. The ſaid juyce uſed with Oyl of Roſes is good*

for Blaſtings by Lightning, burnings with Gun-powder, to allay the heat of ſore Breaſts, or of any other Sores. It is likewiſe effectual to ſtay Vomitings, and taken with Sugar or Honey, it quencheth immoderate thirſt, helps an old and dry Cough, ſhortneſs of Breath, and the Ptiſick; and the thickned juyce made into Pills with Gum Traganth and Arabick, helps ſuch as make bloody water. The bruiſed herb being applyed to the Forehead and Temples, allayeth exceſſive heat therein, and applyed to the Eyes, it helps redneſs and Inflammations in them, and Puſhes, and Wheals, and St. Anthonies *fire in other parts, eſpecially having a little Vinegar put to it; and being mixed with the like quantities of Galls and Linſeed, it helpeth the Crick in the Neck, and taketh away pains therein, being applyed thereunto.*

Potatoes. Battata.

THeſe came originally to us from the Indies, and thoſe which we call Jeruſalem Artechokes from *Canada.* The Spaniſh Potatoes are called *Battata, Amotes, Camotes, Pappus,* and many other names. The Jeruſalem Artichoke *Heliotropium Indicum tuberoſum,* &c.

Nature and Vertues.] *The leaves are hot and dry, the roots of a temperate quality, under the influence of* Venus. *Potatoes do much nouriſh and ſtrengthen the Body, and increaſe and ſtir up bodily luſt, being eaten which way ſoever they are dreſſed. They are uſed in Pyes, and are excellent good Preſerved and Candied, or roaſted under the Embers, and eaten with Sack and Sugar. The Virginia Potatoes are not ſo pleaſant as the other, but the Jeruſalem Artichokes which you may have plentiful enough if you will let them once take root in your Gardens, being boiled tender and then ſtewed with Butter and Wine, or how you pleaſe, taſte much like the bottom of an Artithoke, and are no leſs nouriſhing then they.*

☞ See further of this in *Culpeppers School of Phyſick.*

Prim-

Primroſe. Primulæ Veris.

THeſe are very well known to be the Ladies of the Spring, being the firſt that flower; wherefore they are called in Latine *Primulæ Veris.* They are ſomewhat dry and aſtringent of temperature. *The leaves are good to apply to Inflammations, and to heal burnings and ſcaldings; and an Oyntment made thereof is excellent to heal green Wound; they are very near in nature unto Cowſlips, to whoſe particular Vertues I refer you.*

Privet.

THis is ſeldom uſed in Phyſick, therefore I ſhall onely read to you its Uſes, becauſe they that have it near them may uſe it when they cannot get other helps. It is uſually planted in Hedges in Gardens to make walks and knots, and groweth wilde in many Woods and Parks of this Land: It flowers in *June* and *July*, and beareth ripe berries in *September*.

Nature and Vertues.] *Privet is a Lunar Herb, of temperature cold and dry; the decoction of it is a good Lotion to waſh ſores and ſore mouths, to cool inflammations, and dry up Fluxes: The diſtilled water of the flowers is good for the ſame purpoſes, and to ſtay womens Courſes and Fluxes of the belly, bleeding at mouth, and diſtillations of Rheums in the Eyes, being uſed with Tutia: An Oyl made by infuſion of the Flowers is good for inflamed Wounds and the Head-ache, proceeding of an hot cauſe, as ſaith* Mathiolus.

Queen of the Meadows, or Meadſweet. Regina Prati.

Deſcription. MEadſweet ſpringeth up with divers broad winged leaves, deeply dented about the edges, ſet on each ſide of a middle rib, and are

ſomewhat rough, hard, and crumpled like Elm-leaves, having leſſer leaves with them like Agrimony, of a ſad colour on the upper ſide, and grayiſh underneath, of a pleaſant ſcent and taſte like unto Burnet; the ſtalks are reddiſh, and grow two or three foot high, having on them ſuch leaves as thoſe below, but ſomewhat leſſer; at the tops whereof, and of the branches, ſtand many tufts of ſmall white flowers thick together, ſmelling ſweeter then the leaves, after which come crooked and cornered ſeed: The Root is ſomewhat wooddy, blackiſh on the outſide, but reddiſh within, and is nouriſhed by fibres, ſo that it continues many years, and hath alſo a good ſmell.

Names.] It is called in Latine *Ulmaria*, (becauſe of the likeneſs between its leaves and Elm-leaves) and alſo *Regina prati.*

Place and Time.] It grows frequently in moiſt Meadows, by watery ditches and rivers ſides; it flowers in ſome place or other all the Summer Quarter.

Nature and Vertues.] *Meadſweet is cold and dry, with an aſtringent quality, and aſcribed to* Venus: *Two or three of the leaves put into a cup of Claret, giveth it a fine reliſh, and alſo maketh the heart merry and chearful: The decoction thereof in wine helpeth the Chollick, and taken warm with a little honey it opens the belly, but being boiled in red wine and drunk, it ſtayes Looſeneſs: The decoction thereof is good to heal ſores in the mouth or ſecret parts. The diſtilled water helps Inflammations of the Eyes, and clears the Sight: The ſmell of the flowers make the heart chearful, and therefore are excellent to adorn houſes; the root helps horſes of the Bots and Worms, and ſo it would do in men if they drink the decoction thereof; and therefore the Germans call it* Wormkrant, *the worm-plant: The root likewiſe made into powder, or boiled and drunk, powerfully ſtayes Womens Courſes, the Whites, the Bloody Flux, Lask, and all other Fluxes of Blood; and is*

good

good againſt vomiting; and it is ſaid that if it be boiled in wine and drunk, it firſt altereth, and afterwards taketh away the fits of Agues.

Quince-Tree. Malus Cydonia.

I Suppoſe the Tree, but eſpecially the fruit to be ſo well known, they need no deſcription.

Names.] It is called in Latine *Malus Cydonia*, and *Cotonea*: The Spaniards call it *Membrillio* and *Marmello*, from whence comes the word Marmalade.

Place and Time.] They delight to grow near ponds and waters ſides, and are plentiful in this Land: It flowers in *April* and *May*, and the Fruit is ripe about *Michaelmas*.

Nature and Vertues.] *They are cold in the firſt, and dry in the ſecond degree, they are earthy and binding; the Fruit is not durable, and is harſh and unpleaſant to eat raw, but being ſcalded, roaſted, baked, or preſerved, they become very pleaſant. They are Saturnine.*

The Syrrup of the Juyce of Quinces ſtrengthens the heart and ſtomach, relieves nature, ſtayes looſeneſs and vomiting; for looſeneſs take a ſpoonful of it before meat, for vomiting after meat: It corrects Choller and Phlegm, and helps Digeſtion: To make Quinces purging, put honey to them inſtead of ſugar; and if you would have them more laxative then to purge Choller, adde Rhabarb; for Phlegm, Turbith; and for watry humours, Scammony: If you would have them binde forceably, uſe the unripe Quinces with Roſes, Acacia, or Hypociſtis, and ſome Rhabarb torrefied. The juyce of raw Quinces is accounted an Antidote againſt deadly poyſon; and it hath been found certain, that the ſmell of a Quince hath taken away the ſtrength of white Hellebore; outwardly to binde and cool hot fluxes, the Oyl of Quinces or other medicines made thereof are available to anoint the belly or other parts therewith: It alſo ſtrengthens the ſtomach, belly, and ſinews, and re-

reſtrains immoderate ſweatings: The muſcilage of the ſeeds boiled in water is good to allay the heat, and heal the ſore breaſts of women; and with Sugar it is good to lenifie the hoarſeneſs and harſhneſs of the throat, and roughneſs of the tongue: The Marmalade is both toothſome and wholeſome; and a decoction of the doun that grows upon the Quinces is good to reſtore loſt hair, and being made up with Wax and applyed as a plaiſter, it bringeth hair to them that are bald, and keepeth it from falling, if it be ready to ſhed.

Radiſh. Rhaphanus.

THe Garden Radiſh needs no deſcription, it is called in Latine *Rhaphanus.*

Nature and Vertues.] *Radiſhes are rather a ſawce then a nouriſhment, they are hot in the third degree, and dry in the ſecond, and do open and make thin, and is governed by* Mars. *The roots do provoke urine, and ſo doth the diſtilled water; the root ſtamped with honey, and the powder of a ſheeps heart, cauſeth hair to grow: The ſeed cauſeth vomiting, and provoketh urine, and being drunk with Oximel or honied water, it drives forth Worms: The root boiled in broth is good againſt an old Cough, it moveth womens Courſes, and increaſes milk, and is good for the Dropſie, the Chollick, gripings in the belly, and griefs of the Liver: It is good for them which are ſick with eating Toadſtools or other poiſon; they are much uſed as ſawce with meat to procure appetite, but they breed ill blood, and cauſe belchings in the ſtomach.*

Horſe-Radiſh. Raphanus Ruſticanus.

Deſcription. HOrſe Radiſh riſeth with long leaves ſomewhat broad, and much cut on the edges as if it were torn, of a dark green colour, with a great rib in the middle, and after theſe have been up a while, which are greater, rougher, broader, and longer,

and

and not divided as the firſt, but a little roundly dented about the edges; it doth ſeldom bear flowers, but when it doth, there riſeth up a great ſtalk, three or four foot high, with a few leſſer leaves thereon, ſpreading at the top into many ſmall branches of whitiſh flowers, conſiſting of four leaves apiece; after which come ſmall pods, like thoſe of Shepherds-purſe, but ſeldom any ſeed in them: the root is long, white, and thick, of a biting taſte like Pepper.

Names.] *Raphanus major* ſome call it, and alſo *Raphanus Ruſticanus*, and *Vulgaris*; in Engliſh Mountain Radiſh, and Horſe Radiſh.

Place and Time.] It is uſually planted in Gardens, yet may be found naturally growing in divers moiſt and ſhadowy places of this Land: the way of propagating it is by the root, for it ſeldom bears flower or ſeed; but when it doth it flowers in *July*, or *Auguſt*, and the ſeed is ripe in *September*.

Nature and Vertues.] *Horſe Radiſh is alſo under the dominion of* Mars, *and is hot and dry in the third degree, of a drying, cleanſing, and digeſting quality: the juyce taken in drink is held to be effectual for the Scurvy; the root being eaten for a ſawce with Fiſh and other meats, as Muſtard is, heateth the Stomach, and cauſeth good digeſtion. The root bruiſed helpeth the Sciatica, Gout, Joynt-ache, or hard ſwelling of the Liver and Spleen, being applyed to the grieved place. The leaves boiled in Wine, and made in manner of a pultis with a little oyl Olive, doth alſo mollifie and take away hard ſwellings of the Liver and Spleen; and being applyed to the bottom of the Belly, helpeth the Strangury, and ſo do the roots ſliced thin and eaten with Vinegar as a ſauce, and are alſo a remedy for the Chollick. The juyce of the green root, or the powder of the dry root given in Wine, or other convenient liquor, killeth and expelleth worms in Children; and ſo doth*

an

an oyntment made thereof, the Childes Belly being anointed therewith. The root being boiled in honey and vinegar into an Electuary, is a good remedy in ſtrong bodies for the Cough, Ptiſick, and other diſeaſes of the Lungs, and provokes womens Courſes. If any think it too ſtrong for their bodies, the diſtilled water may be taken with Sugar for all the aforeſaid purpoſes.

Ragwort. Jacobæa Senecio.

Deſcription. THere is the greater and the leſſer; the greater common Ragwort hath many long and large green leaves lying on the ground, of a dark green colour, rent and torn in the ſides into many pieces; from amongſt which riſeth up ſometimes one, and ſometimes two or three ſquare creſted blackiſh or browniſh ſtalks two or three foot high, ſometimes branched, bearing divers ſuch leaves upon them to the top, where it ſhooteth forth into many branches, bearing yellow flowers conſiſting of many leaves, ſet as a pale or border, which do abide a great while, but when they are ripe are turned into doun, and with the blackiſh gray ſmall ſeed is carried away with the winde: the root conſiſts of many fibres, ſome greater, and others leſſer, whereby it is faſtned firmly into the ground, and abideth many years.

Names] *Lobel* calleth it *Jacobæa Senecio*, others *Herba Sancti Jacobi*, and *Jacobæa*; in Engliſh Ragwort, Ragweed, and St. James-wort.

Place and Time.] They may be plentifully found in Paſtures, and untilled grounds: they flower in *June* and *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *Ragwort is hot and dry in the ſecond degree, and of a bitter, diſcuſſing, and cleanſing quality; and if* Mars *love bitter herbs, let him take this too: The de-*

decoction thereof cleanſeth and healeth Ulcers, and Sores in the Mouth and Throat, they being waſhed therewith, and alſo ſwellings, hardneſs, and Impoſthumations, the Quinzy and Kings Evil, and ſtayes Catarrhs and defluctions of thin Rheumes upon the Eyes, Noſe, or Lungs: the juyce healeth green Wounds, and cleanſeth and healeth old Ulcers in the privities, or other parts, and inward Wounds or Ulcers, and ſtayes the ſpreading of running Cankers and hollow Fiſtula's; it helps alſo aches and pains in the fleſhy parts, Nerves, or ſinews, and the Sciatica, the parts being bathed with the decoction of the herb, or anointed with an oyntment made of the herb bruiſed and boiled in Hogs greaſe, and after it is ſtrained ſome Maſtick and Olibanum added to it in powder: It is alſo by ſome called Staggerwort, being found effectual to cure the Staggers in Horſes.

Reſt-harrow, Vide *Camock.*

Red Rattle Graſs, or Louſewort.
Pedicularis.

Deſcription. IT hath ſmall browniſh red jagged leaves and tender ſtalks, whereof ſome lie along upon the ground; in mooriſh Meadows they grow about half a yard high, but in barren grounds exceed not an handful: the flowers reſemble thoſe of the dead Nettle, and grow round the ſtalk from the middle to the top; after which come little flat pouches, having in them a flat and blackiſh ſeed: the root is ſmall, white, and tender.

Names.] Its called in Greek φθειριον, in Latine *Pedicularis*, becauſe it fills Cattle that feed where it grows full of Lice; its alſo called *Piſtularia*, and *Criſti galli*; and in Engliſh Rattle Graſs, and Louſewort.

Place and Time.] It grows in moiſt Meadows, to which it

it is an annoyance, and alſo on wet Heaths: flowers in *May* and *June*.

Nature and Vertues.] *Red Rattle graſs is of temperature cold, dry, and aſtringent, and is accounted good for Fiſtula's and hollow Ulcers; and being boiled in red Wine and drunk, to ſtay the Tearms, or any other Flux of Blood.*

There is alſo another kinde of Rattle Graſs that bears yellow flowers at the top of its ſtems, after which come flat pouches covered over with little bladders, open before like the mouth of a Fiſh; in the pouches are contained flat yellowiſh ſeed, which when they are dry will rattle when they are ſhook; from whence it took the name of yellow Rattle: its called alſo Criſta galli, *Cocks-comb, and Penny-graſs. It is a great annoyer of dry Meadows and Paſtures, which is all the properties are yet known of it.*

Rocket. Eruca.

Deſcription. THere are many kindes hereof mentioned by Authours, but I ſhall mention onely two, *viz.* the Garden Rocket and the wilde Rocket; the Garden Rocket is generally known, the wilde Rocket hath long narrow and much divided leaves, ſlenderly cut or jagged on both ſides of the middle rib, of a ſad over-worn green colour; amongſt which riſe up divers ſtiff ſtalks, about a foot high, having the like leaves, but ſmaller, branched from the middle into many leſſer ſtalks, bearing ſundry yellow flowers on them, conſiſting of four leaves apiece, as the others are, which afterwards yield ſmall reddiſh ſeeds in little long pods, of a bitter and hot biting taſte, and ſo are the leaves: the root is ſmall and wooddy.

Names.] It is called *Eruca* in Latine.

Place and Time.] The firſt is an inhabitant in Gardens, this which I have deſcribed is found in many places of this Land.

Land. They flower about *June* and *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *It is an herb of* Mars, *hot and dry in the third degree, and is ſeldom eaten alone; but all ſorts of Rocket quicken Nature, and provoke Luſt: the wilde kinde is more ſtrong then the Garden kinde; it helps digeſtion, and provokes Urine much: the ſeed excites to Venery as much or more then the herb, and is good againſt the bitings of the Shrew Mouſe, and other venomous Beaſts; it puts away the diſcent of the Arm-pits, increaſeth milk in Nurſes, and vaſteth the Spleen; being mixed with Honey and applyed it cleanſeth the skin from the Morphew, and other ſpots; with Vinegar it takes away Freckles, and redneſs in the face; it amendeth Scars, black and blue ſpots, and marks of the ſmall Pox, being uſed with an Oxe gall. The herb boiled or ſtewed, and ſome Sugar put to it, helps the Cough in Children, being taken often: the leaves may be eaten with Lettice, and Purſlain, and ſuch cooling Herbs to correct the heat of it, for eaten alone, their overmuch heat cauſeth the Head-ache.*

Roſes. Roſa.

THere is by *Gerard* mentioned fourteen kindes of Roſes; but it were uſeleſs to repeat them all here: I ſhall onely treat of the red Roſe, the white, the damask Roſe, and the Bryar, Canker, and the wilde Roſe: and theſe are ſo very well known they need no further deſcription but onely of their vertues.

Nature and Vertues.] *Roſes have different qualities as well as colours, the Damask purge, the white and red cool and binde; the white are held to binde moſt, yet they are ſcarce uſed in Phyſick; the red Roſe (according to* Galen) *hath alſo a watry ſubſtance and a warm quality, aſtringent and bitter: The yellow threds in the middle do binde and dry more then the Roſe it ſelf: The buds do cool and binde more then the full blown*

blown flowers; according to Meſue *the Roſe is cold in the firſt degree, and dry in the ſecond, and conſiſteth of divers ſubſtances, as watry, earthly, airy, aromatical, and hot, which cauſeth the bitterneſs and colour; the freſh juyce purgeth Choller and watry humours, but being dryed the heat is conſumed, and then they are aſtringent: Of the Roſes are made many ſimple and compound Medicines, whereof it is too large here to treat of. A decoction of the red Roſes in wine, is a good Lotion for pains in the lower Bowels, Fundament, and Matrix, the parts being bathed or put into them: It is alſo good for the Head-ache and pains in the Eyes, Ears, Throat, and Gums: The ſame decoction with the Roſes eaſeth Inflammations of the Heart, being applyed to the Region thereof, and alſo helps St.* Anthonies *fire and Inflammations of the ſtomach: The dryed Roſes taken in powder in ſome ſteeled Wine or Water, ſtayes Womens Courſes, and ſo do the yellow threds being powdered and drunk in the diſtilled water of Quinces; and likewiſe ſtayes defluxions of Rheum upon the Gums and Teeth, faſtens the looſe Teeth, and preſerves them from corruption, if they be gargled therewith, and ſome Vinegar of Squills. The red Roſes do ſtrengthen the heart, liver, and ſtomach, and the retentive faculty, and mitigate hot pains and inflammations: The Conſerve is binding and cordial, and is profitable to ſtay Lasks and Fluxes of the Belly, and is good for the Running of the Reins, being mixed with powder of Maſtick; it likewiſe ſtrengthens the ſtomach, and helps digeſtion, and reſiſts vomiting, and helps faintings and tremblings of the heart, being mixed with* Aromaticum Roſarum: *Sugar of Roſes is alſo a very good Cordial to ſtrengthen the heart, and ſtay defluxions: The Syrrup of dryed red Roſes cools the over-heated Liver and Blood, comforts the heart, and reſiſts putrefaction, and ſtayes Fluxes. There are Cordial Powders likewiſe made of them, as.* Diarhodon Abbatis, *and* Aromaticum Roſarum, *which help digeſtion, and ſtrengthen the heart*

and

and ſtomach: The heads with ſeed in powder or in decoction, ſtayeth the Lask and ſpitting of blood: Red Roſe-water is cooling and cordial, refreſhing weak and faint ſpirits, and is for that purpoſe uſed either in meats or broths, to waſh the Temples and ſmell to, or to receive the ſweet vapour thereof out of a perfuming-pot, or hot fireſhovel; it is good againſt redneſs and inflammations of the Eyes, and to bathe the Temples againſt the Head-ache, for which purpoſe vinegar of Roſes is alſo good; and to procure reſt and ſleep, take a piece of red roſe cake cut fit for the head, moiſten it in Roſewater and Vinegar of Roſes, and heat it between a double-folded cloath on a Chafing-diſh of coals, with ſome beaten Nutmeg and Poppy-ſeed ſtrewed on that ſide which muſt lye next the Forehead and Temples, and binde it on for all night. Of the Damask Roſes are made Syrrups both ſimple and compound; the ſimple ſolutive Syrrup is a ſafe eaſie medicine, gently purging Choller, being taken from one ounce to four. The Syrrup with Agarick worketh on Phlegm as well as Choller, and one ounce thereof worketh more ſtrongly then three of the ſimple. The compound Syrrup with Hellebore worketh forceably upon melancholick humours, and is available againſt the French Diſeaſe, Tetters, Itch, &c. Honey of Roſes ſolutive is alſo opening and purging, and is often given in Gliſters, and ſo is the Syrrup made with ſugar: The Conſerve of Damask Roſes do likewiſe gently open the belly: The diſtilled water is much uſed for fumes, and to ſweeten things, and the dried leaves for Sweet-bags: Honey of red Roſes is good to waſh ſores in the mouth, throat, or elſewhere: The fruit of the wilde Bryer, (which ſome call Heps, (though in Hampſhire we call them Canker-berries) being made into a Conſerve when they are fully ripe, do binde the belly, and ſtayeth defluxions from the head upon the ſtomach, drying up the moiſture thereof, and helping digeſtion, and are of a pleaſant taſte. The pulp of them dryed to a hard conſiſtence, and made into

powder, and taken in drink, ſtayeth the Whites; the powder of the Briar-ball eaſeth the Chollick, provokes Urine, kills Worms, and is good to break the Stone, being taken in drink.

Ros Solis; or, *Sun-dew.*

Deſcription. IT hath many hollow, round, ſmall leaves, greeniſh, but full of red hairs, which makes them ſeem red, every one ſtanding upon a hairy reddiſh foot-ſtalk, the leaves keep a dew upon them in the hotteſt day, having a certain ſlimeneſs, the ſmall hairs always holding this moiſture; amongſt the leaves riſe up ſmall ſlender ſtalks reddiſh alſo, bearing divers ſmall white knobs one above another, which are the flowers, after which in the heads come certain ſmall ſeeds: The Root conſiſteth of a few ſmall hairs.

Names.] It is called in Latine *Ros ſolis*, in Engliſh Sundew, Luſtwort, Moor-graſs, and of ſome Redrot, becauſe ſome think it rots ſheep that feed thereon; but of this be ſure, if ſheep feed much on the places where it grows, they will quickly run to rot.

Places and Time.] It grows upon Bogs and moiſt wet places, and in moiſt boggy Woods, as in lower *Danemore* in *Holſhot*, and in a boggy piece of ground where my Father dwells adjoyning to the ſame Wood called the *Grove*, which will ſcarce bear any thing elſe but this Plant: It flouriſheth from *May* till *Auguſt*, and ought to be gathered in the heat of the day, for then it is fulleſt of dew.

Nature and Vertues.] *Authours differ in opinion concerning this Herb; ſome hold it to be Cauſtick, and much biting, and hot and dry in the fourth degree; others, that it is ſharp and a little drying and binding.* Dodonæus *held it to be extream biting, and that the diſtilled Water is not ſafe to be taken inwardly. But the truth is, it is an Herb of the Sun,*

and

and the diſtilled Water is good againſt the Conſumption of the Lungs, and is effectual againſt ſalt Rheums diſtilling on the Lungs, which cauſe a Conſumption; it alſo comforts the heart and fainting ſpirits, and is available againſt wheesings, Ptyſick, Cough, and Shortneſs of Breath, and heals Ulcers in the Lungs: The leaves outwardly applyed will raiſe Bliſters, the Cordial Water made hereof, called Roſa ſolis, *is good againſt heart-qualms, and to ſtrengthen the body.*

Root of Peru. Radix Peruviana.

THis Cordial Root is known beſt in our ſhops by the name of *Contra Yerva*, which title the Spaniards in the Indies gave it, being as much as to ſay, an Antidote againſt Poiſon; *becauſe the powder thereof taken in wine is a preſent remedy againſt poiſon, cauſing it to be caſt up by vomit, or expelled by ſweat: It alſo killeth worms in the belly; and being taken in the morning in powder in a glaſs of wine, it ſtrengtheneth the heart and vital ſpirits: A modern Phyſician writeth, that if it be beaten to powder and infuſed in wine two hours before the fit of an Ague, and then drunk at the coming of the fit, and the Patient covered to ſweat upon it, it cures an Ague at twice or thrice; the Doſe may be from half a dram to two drams, according to the age, ſtrength, and conſtitution of the Patient.*

Roſemary. Roſmarinus.

I Shall not need to deſcribe this excellent Herb, being ſo well known in every good Houſewifes Garden: It uſually flowers in *April* and *May*.

Names.] It is called *Roſmarinus* and *Roſmarinum* in Latine; the Flowers are called Ἄνθος, and the Compoſition made thereof *Dianthos*.

Nature and Vertues.] *It is accounted an Herb particularly under the Influence of* Sol *in* Aries; *it is hot and dry*

in the second degree, having an astringent quality, and consists of divers parts, but partakes most of the earthly substance.

Rosemary hath a warming and comforting heat, helping all cold diseases of the Head, Stomach, Liver, and Belly: The Herb, but especially the Flowers, are good for all cold and moist infirmities of the Head and Brain, they dry the brain, and quicken the sences and memory, and strengthens the sinewy part: It is also good against all Fluxes. The flowers and leaves are profitable against the Whites to be taken daily; the Conserve of the flowers is good to comfort the heart, and expell the poison of the Pestilence; and the branches of Rosemary is good to burn in infectious times, the dryed leaves taken like Tobacco, dryes up thin distillations, and therefore is good against any Cough, Ptysick, or Consumption: Rosemary doth also cleanse and comfort the Stomach, and makes a sweet Breath being thus used: Take an handful of Rosemary with the flowers or without, boil it a good while in white wine, adding thereto a little Cinamon, then drink it, and wash your mouth therewith, it maketh the skin very clear being used without Cinamon. It helps cold Rheums falling into the eyes, giddiness or swimming of the head, the Lethargy and Fallingsickness, the dumb Palsie, or loss of Speech, if it be drunk, and the Temples bathed therewith. It helps such as are livergrown, opening the Obstructions, and warmeth and strengtheneth the same; it expells Winde powerfully in the Stomach, Bowels, and Spleen, and helps the Hypocondriack passion: The Chymical Oyl of the leaves and flowers is effectual for all the Diseases aforesaid, being carefully applyed, it is very quick and piercing, and therefore the Dose must be very little at once for inward griefs: It helps the Head and Brain, if the Temples and Nostrils be touched with a drop or two; it likewise helps any cold joynt, sinew, or member, if it be anointed with two or three drops thereof.

True

True Rhabarb, Baſtard and Moncks Rubarb. Rhabarbarum.

THe true Rubarb groweth in *China*, and the Eaſtern Countreys; therefore I ſhall not deſcribe it, the root being to be had in moſt Druggiſts Shops, yet I confeſs it may be ſeen growing in ſome curious Gardens with us, but not in ſuch plenty as Mr. *Culpepper* ſeems to talk of through the multiplying glaſs of his carping fancy.

Names.] It is called *Rha*, from the River *Rha* in *China* where it groweth, and in our Shops *Rhabarbarum*; the place I have told you: the roots are to be taken up about *October* when the leaves and ſtalks are fully withered.

Nature and Vertues.] *Rubarb is hot and dry in the ſecond degree, of mixt parts, airy, thin, and purging, and partly groſs, earthly, drying, and binding: the Baſtard and Moncks Rubarb are alſo dry, but cooling. Rubarb is certainly a herb of* Jupiter; *it is called the friend, the life, heart, and treacle of the Liver, being ſo effectual for the ſame; it purgeth it of Choller, Phlegm, and watry humors, and helps the hardneſs and coldneſs thereof, and is uſeful in chollerick and long continued Fevers, in the Jaundies, Green Sickneſs, Dropſie, and ſtoppings of the Liver, the powder ſteeped in White Wine all night, and drunk faſting, or being taken amongſt other purges; being taken in powder with Caſſia, and a little Venice Turpentine waſhed, it cleanſeth the Reins, and ſtrengtheneth them, and is effectual to ſtay a Gonorrhea, or running of the Reins; it is alſo good againſt pains, windineſs, wambling, and weakneſs of the ſtomach, Cramp, gnawings, and gripings of the Kidneys, Belly, and Bladder, pains of the Breaſts, Mother, and Sciatica; it helps ſpitting of blood, the Hicket, bloody Flux, Lasks, and all venomous ſtingings and bitings, one dram thereof taken in Hydromel, or honied water; it eaſeth*

ſeth the Gout, helpeth thoſe that are troubled with Melancholly, and is good againſt pains and Swellings of the Head: It is moſt properly infuſed in Whey or White Wine, which liquors make it work more effectually in opening obſtructions and purging the Liver and Stomach. The oyl wherein Rubarb hath been boiled is good to anoint any bruiſed place, to diſſolve the clotted Blood; and Rubarb taken in powder with Mummy and Madder-roots in red Wine, healeth Burſtings and broken parts as well inward as outward, and diſſolveth clotted Blood in the Body, occaſioned by any fall or bruiſe. Rubarb ſteeped in white Wine, or any other convenient liquor, and ſtrayned, is good to heal Ulcers in the Eyes and Eye-lids, and to aſſwage ſwellings and inflammations; and being applyed with Honey or boiled in Wine, it takes away all black and blue ſpots that happen therein. The ſeed of Baſtard Rubarb helpeth gripings knawings, and loathings of the Stomach. The roots help ruggedneſs of the nails, and being boiled in Wine it helps the Kings Evil, and ſwellings of the Kernels of the Ears; it alſo provokes Urine, helps ſuch as are troubled with the Stone, and dimneſs of ſight; it is effectually uſed with other things in opening and purging dyet drinks to open the Liver, and cleanſe and cool the blood. The root of Monks Rubarb alſo purgeth, but more weakly then either of the other; but the root thereof bindeth the Belly, and ſtayeth Lasks and the bloody Flux; and ſo doth the root of the true Rubarb, if it be toaſted and taken in Plantain water, red Wine, or in conſerve of Roſes, or Marmalade of Quinces, as I have often found to my great comfort: the diſtilled water hereof is effectual to heal Scabs, and foul Sores, and to allay the inflammations of them; for which purpoſe alſo the juyce of the leaves or roots, or the decoction thereof in Vinegar is an effectual remedy: ſome uſe Indian Spikenard with Rubarb to correct it; yet it doth not much need any corrigent.

☞. See further in *The Art of Simpling:* by *W. Coles.*

Meadow

Meadow Rue. Ruta Aquatica.

Deſcription. THis Herb ſpringeth up (from a yellow ſtringy root, ſpreading much in the ground, and ſhooting forth new ſprouts round about) with many green ſtalks about two foot high, creſted all the length of them, ſet with joynts here and there, and many large leaves on them, divided into ſmaller leaves, nicked or dented in the fore-part of them, of a ſad green colour on the upper ſide, and pale green underneath; toward the top of the ſtalk there ſhooteth forth many ſhort branches, whereon ſtand three or four ſmall round heads or buttons, which open and appear like a tuft, of pale greeniſh yellow threds; after which there come ſmall three cornered Cods, wherein is contained ſmall long round ſeed: the whole plant hath a ſtrong unpleaſant ſcent.

Names.] *Ruta Aquatica*, or *Ruta Paluſtris* may be the Latine names thereof.

Places and Time.] It grows by Ditches ſides, and in the borders of moiſt Meadows in many places of this Land.

Nature and Vertues.] *The Meadow Rue is doubtleſs under the influence of* Mars, *and is ſomething of his temperature, hot and dry.* Camerarius *reports that it is uſed in* Italy *and in* Saxony, *againſt the Plague. And* Dioſcorides *ſaith, that the bruiſed herb being applyed healeth old Sores; and the diſtilled water of the herb and flowers doth the ſame: ſome uſe it amongſt other Pot-herbs to make the body ſolluble. The roots waſhed clean, and boiled in Ale and drunk, provoke to Stool gently; and being boiled in water, and the body bathed therewith warm, it deſtroyeth Lice.*

☞ See more of this in *The Expert Doctors Diſpenſatory*: by *P. Morellus.*

Garden Rue, or Herb-Grace. Ruta.

THis herb is familiarly known; the Latine name is *Ruta*; in Engliſh Rue, Herb Grace, and Servingmens joy: it is planted in Gardens, and propagated by ſlips, ſeldom flowring with us, and therefore ſcarce ever bears any good ſeed.

Nature and Vertues.] *Rue is hot and dry in the latter end of the third degree, and of thin ſubtle parts, a Solar Herb; it preſerves Chaſtity being eaten, it quickneth the Sight, ſtirs up the Spirits, and ſharpneth the Wit; it provokes Urine and Womens Courſes, being taken either in meat or drink; it is an excellent antidote againſt poiſons and infections; the very ſmell thereof is a preſervative againſt the Plague in the time of infection. The ſeed thereof taken in Wine is a ſpecial Antidote againſt dangerous Medicines, or deadly Poiſons. A decoction made thereof with ſome Dill-leaves and flowers, eaſeth pains and torments being drunk inwardly, and applyed outwardly to the grieved place. The ſame decoction being drunk helps pains of the Cheſts and Sides, Coughs, difficulty of breathing, and inflammations of the Lungs, and eaſeth the Sciatica, and pains of the Joynts, being applyed thereto, or the parts anointed with an oyntment made hereof; it helps alſo the ſhakings of Agues, a draught of the decoction being drunk before the coming of the fit: an oyl made of Rue by infuſion or decoction, helps the winde Chollick, hardneſs, windineſs, and ſuffocation of the Mother, the ſhare and parts about it being anointed therewith: A decoction thereof in Wine with a little Honey added to it, killeth and driveth forth Worms out of the Body.* Mithridates *uſed a Counter-poiſon to preſerve himſelf againſt infection, made thus; take twenty leaves of Rue, two Figs, two Walnuts, twenty Juniper berries, and a little Salt; which being beaten together into a Maſs was his doſe appointed for every morning. There is another Electuary made*

made of it, which is a remedy for pains or griefs of the Cheſt and Stomach, Spleen, Belly and Sides, Winde, Stitches, and, Obſtructions of the Liver, Reins, and Bladder by ſtopping of Urine, and extenuates the groſsneſs of fat corpulent Bodies, and is thus made: Take of Niter, Pepper, and Commin ſeed, each equal parts, leaves of Rue clean picked, as much in weight as all the other, beat them well together, and adde as much Honey as will make thereof an Electuary; but firſt correct the Commin ſeed by ſteeping it twenty four hours in Vinegar, and then dry it in a hot Fireſhovel, or in an Oven. The leaves of Rue boiled and kept in pickle are a good ſauce to meat, to warm a cold Stomach, and quicken the Sight. A decoction of Rue eaſeth the Gout, being bathed therewith, and being bruiſed and put into the Noſtrils, it ſtayes bleeding at Noſe. A decoction of Rue and Bay leaves helps ſwellings of the Cods; it takes away Wheals and Pimples, being bruiſed with Myrtle leaves and made up with wax and applyed; being boiled in Wine with ſome Pepper and Nitre, and the places rubbed therewith it taketh away Warts, and cureth the Morphew; and with Allome and Honey it helps the dry Scab, or any Tetter, or Ring-worm. The juyce thereof warmed in a Pomegranate ſhell, helpeth pain of the Ears, being dropped therein. An oyntment made of the juyce of Rue, with Oyl of Roſes, Ceruſs, and Vinegar, cures St. Anthonies fire, foul running Sores in the Head, and Ulcers in the Noſe, and other parts, they being anointed therewith. The diſtilled water is very effectual for many of the ſaid purpoſes.

Rupture-wort. Herniaria.

Deſcription. THis plant ſhooteth up with many threddy branches, ſpread round upon the ground about a ſpan long, divided into many other ſmaller parts, full of ſmall joynts, ſet thick together, whereat come forth two ſmall leaves of a freſh green colour, as the bran-

ches

ches are, whereat grow forth abundance of ſmall yellowiſh flowers, but ſcarce diſcernable from the ſtalks and leaves, which turn into leaves as ſmall as duſt; the root is ſmall and long, growing deep into the ground: the taſte hereof is not perceivable at firſt, but after a little while there may be perceived a ſomewhat aſtringent taſte, a little bitter and ſharp withal, but without any manifeſt heat.

Names.] This plant hath acquired ſeveral names, according to the various opinions of Authours, as *Polygonum minus* by *Mathiolus*, and *Caſtor durantes*, *Herba Turca* by *Lobel*; but the moſt uſual and known Latine name is *Herniaria*, from *Hernia* a Rupture; and in Engliſh Rupture-wort.

Place and Time.] It delights to grow in barren, ſandy, and rocky grounds, as upon the dry chalky and ſandy grounds in *Kent*, and elſewhere, and flowers and flouriſhes in the four Summer Moneths, which are ſpelled *fine littera* R.

Nature and Vertues.] *Rupture-wort is very drying, binding, cloſing, and faſting; Saturnine.*

Its name ſpeaks its Vertues, that is, to cure the diſeaſe called the Rupture or Burſtneſs, which is the falling down of the Guts into the Cods. A dram of the herb in powder taken in wine for many dayes together, or the decoction of the herb in Wine, or the juyce or diſtilled water drunk in the ſame manner, marvellouſly helps that Diſeaſe; and being ſo taken it ſtayes Fluxes, Vomiting, and the Gonorrhea; it helps the Strangury, ſtopping of Urine, Stone, or Gravel in the Reins or Bladder, ſtitches in the Side, griping pains in the Stomach or Belly, and obſtructions of the Liver, and cures the yellow Jaundies, and killeth Worms in Children; it conglutinates Wounds being outwardly applyed, and helpeth to ſtay deſtructious of Rheumes from the head to the eyes, noſe, and teeth, the tem-

temples and nape of the Neck being bathed with the decoction of the dryed herb, or the green herb being bruiſed and bound thereto; it dryes up the moiſture of foul ſpreading and fiſtulous Ulcers, and is good to be bruiſed and applyed to the place of a Rupture, having a Truſs bound thereunto.

Rice. Oriza.

THis is an Eaſt-Indian grain, and groweth up there much like the ſtalk of Wheat; but in regard it groweth not with us, I ſhall deſcribe it no further, but proceed to declare its vertues, we having it plentifully brought hither by induſtrious Merchants.

Names.] The Greeks call it ὄρυζα, and the Latines following them call it *Oryza.*

Nature and Vertues.] *Rice is binding and drying, temperate, and not exceeding in heat or cold; the pottage made thereof with milk, and ſpiced with Sugar and Cynamon, is pleaſant and eaſie of digeſtion, and is reputed to increaſe ſeed; it is very uſeful to ſtay all Lasks or Fluxes, being ſo eaten, or beaten to powder, and mixed with yolks of Eggs, and fryed with freſh Butter, and eat morning and evening; and being ſo taken, it helps the bloody Flux; it is good to put in Cataplaſms to repell humors, and being boiled in running Water, and the face bathed therewith, it takes away ſpots and pimples; it is an excellent and wholeſome food, and in great eſtimation amongſt the Indians, though not ſo much in repute with us. Perhaps, becauſe it is too cheap for the wanton rich, and too dear for the pining poor,* &c.

Rye. Secale.

THis Grain is well known in *England*, more for food then Phyſick; but the bread and leaven of it is good to ripen Impoſthumes, and Boils, or other ſwellings. *Mathiolus* ſaith, that water wherein the Aſhes of Rye ſtraw

ſtraw hath been infuſed four and twenty hours, heals chops of the hands and feet, being waſhed therewith. *Meal of Rye put between a double cloth and moiſtned with Vinegar, and heated in a pewter Diſh over a Châfing-diſh of Coals, and applyed hot to the head, eaſeth continual pains thereof. Rye is more digeſting then Wheat, but it is windy and griping in the Bowels.*

Saffron. Crocus.

THe Chives of the Flower commonly called Saffron are generally well known, ſo that a deſcription is needleſs.

Names.] Its Latine names are *Crocus*, and *Crocum*; it is alſo termed *Filius ante patrem*, becauſe it putteth forth flowers before the leaves.

Place and Time.] It is plentifully manured in Fields in *Eſſex*, and *Cambridge-ſhire*: *Saffron-Walden* takes her name from its growing there; it begins to flower in *September*, and preſently after the leaves ſhoot forth and abide green all the Winter, dying again in *April* when it puts forth another Crop of Flowers, which muſt be gathered as ſoon as it is blown, or elſe it is loſt; ſo that Jack Presbyter for covetouſneſs of the profit can reach his Sabbatarian Conſcience to gather it on Sunday; and ſo he can to do any thing elſe that redounds to his profit, though it deſtroy his Brother.

Nature and Vertues.] *Saffron is hot in the ſecond degree, and dry in the firſt, of a little aſtringent quality; it is an Herb of the Sun, a great Cordial, and comforter of the ſpirits; it expells venome from the Heart, ſtrengthens the Stomach, helps concoction, preſerves the Entrails, and is very uſeful in the Plague, Peſtilence, ſmall Pox, and ſuch contagious diſeaſes; the Tincture thereof is profitable in fits of the Mother; it ſtrengthens the Memory, Head, Stomach, Spleen, Blad-*

Bladder, animal, vital, and natural ſpirits, and helps cold diſeaſes of the Brain and Nerves; it is profitable for the Lungs, Conſumption, and ſhortneſs of Breath; it is beſt for old phlegmatick, and melancholly perſons; it is good againſt Melancholly, and the Jaundies, and ſtoppings of the Liver and Gall, and is profitable for the Pluriſie, and provokes Urine, and Venus; take ten grains of Saffron, two ounces of Walnut Kernels, Figs two ounces, Mithridate one dram, and a few Sage leaves, ſtamp them into a maſs, with a ſufficient quantity of Pimpernel water, and keep it for uſe; twelve grains thereof taken faſting, is an excellent Antidote againſt the Plague, and expelleth it from thoſe that are infected.

Some write that two or three drams hereof taken brings death; doubtleſs too great a quantity cannot do otherwiſe: it is not ſafe to be given to women with childe.

Sage. Salvia.

TO avoid prolixity we proceed to its vertues: The Latine name of it is *Salvia*, and ſo wholeſome an Herb reputed by *Schola ſalerni*, that they ſay,

Cur moritur homo, dum Salvia creſcit in horto?

Nature and Vertues.] *Sage is hot and dry in the third degree, an herb of* Jupiter; *it reſtores natural heat, and comforts the vital ſpirits, and helps the Memory, and quickens the ſences; it is very healthful to be eaten in* May *with Butter, and alſo to be drunk in Ale; it is good for women that are apt to miſcarry, or cannot conceive by reaſon of the over-much moiſture or ſlipperineſs of their Wombs: Sage, Roſemary Honey-ſuckles, and Plantain boiled in water, or wine, and ſome Honey and Allome added thereto, is a good gargle for Cankers, or Sores in the Mouth or Throat, and for ſores in the privy parts of Man or Woman, and is good to be boiled with other comfortable and hot herbs to bathe the cold Sinews, and to warm the Joynts, and help Palſies and Cramps,*

and

and to ſtrengthen and comfort the parts; it is good againſt the Stitch, and pains of the Side, coming of Winde, the place being fomented with the decoction thereof in Wine, and the boiled Sage afterwards applyed hot thereunto; and the decoction thereof according to Dioſcorides, *provokes Urine, and womens Courſes: The juyce of Sage taken in warm water, helps a hoarſeneſs, and the Cough. Rue is good to be planted amongſt Sage, to prevent the poiſon which may be in it by Toads frequenting amongſt it, to relieve themſelves of their poiſon, as is ſuppoſed; but Rue being amongſt it, they will not come near it.*

Wood Sage. Salvia ſylveſtris.

Deſcription. WOod Sage ſpringeth up with ſquare hoary ſtalks, ſometimes two foot high, having two leaves at every joynt, much like other Sage, but ſmaller, ſofter, whiter, and rounder, and a little dented about the edges, ſmelling ſomewhat ſtronger; the flowers ſtand on a ſlender long ſpike on the tops of the ſtalks and branches, turning all one way when they blow, and are of a pale whitiſh colour, ſmaller then Sage, but hooded, and gaping like unto them: the ſeed is blackiſh and round, four uſually in an husk together: the root is long, ſtringy, and fibrous, and abideth many years.

Names.] It is called in Latine *Salvia ſylveſtris.*

Place and Time.] It grows in Woods, and by Hedge ſides, and High wayes, and flowers about *July.*

Nature and Vertues.] *Wood Sage is hot and dry in the ſecond degree, and attributed to* Venus; *the decoction thereof provokes the Tearms and Urine, and provokes Sweat, digeſts humors, and diſſolves ſwellings and nodes in the fleſh, and is therefore thought to be good againſt the* French Pox. *The decoction of the green Herb in Wine is good for thoſe that have*

any

any Vein inwardly broken by a fall, bruiſe, or beating, to diſperſe the congealed blood, and conſolidate the Vein; and it is alſo good for ſuch as are burſten, the drink taken inwardly, and the herb applyed outwardly: and in the ſame manner uſed it is alſo good for the Palſie. The juyce thereof or the herb in powder is good to dry moiſt Ulcers, and ſores in the Legs, or other parts, thereby cauſing them to heal the more ſpeedily, and is alſo effectual in green Wounds.

Burnet Saxifrage, Pimpinella Saxifraga.

Deſcription. IT hath great long roots like a Parſnip, of a biting hot taſte like Ginger: the ſtalk is hollow, and riſeth up about three foot high with joynts and knees, beſet with large leaves, much like thoſe of Smallage, or the Garden Parſnip: The Plant conſiſteth of many leaves growing upon one ſtem, cut about the edges like a Saw: the flowers grow in white round tufts at the top of the ſtalks. The ſeed is like Parſley ſeed, but hotter and biting upon the Tongue.

There is a leſſer kinde, little differing from the greater, but that the ſtalks and veins of the leaves of the leſſer are of a purpliſh colour, and the root hotter.

Names. It is called *Pimpinella major*, *Saxifragia major*, and the leſſer kinde *Saxifragia minor*; in Engliſh great and ſmall Saxifrage, and Burnet Saxifrage.

Place and Time.] They grow plentifully in dry Paſtures and Meadows, and flower from *June* to the end of *Auguſt*.

Nature and Vertues.] *The leaves, ſeeds, and roots of both kindes are hot and dry in the third degree, and of thin and ſubtle parts: The juyce of the leaves cleanſeth the face of Spots and Freckles, and cauſeth a good colour The diſtilled water thereof mingled with ſome Vinegar in the diſtillation, clears the Sight, and helps the dimneſs thereof. The ſeed and root in powder drunk in wine, or the decoction thereof made in*

Wine,

Wine provokes Urine, breaks the Stone, and is good against the Strangury and stoppings in the Kidneys, and Bladder.

The Service Tree. Sorbus.

THis grows to be a great Tree, delighting in Woods and Groves, and are also planted in Orchards; there doth grow of them in the Woods of Mr. *Hinde* at *Hedsor*, and in Woods and by High way sides I have found them in *Surrey* and *Kent*: the Tree and fruit are both so well known, that a further description is needless.

Names.] The Greeks call this Tree ὀὸ ὀυὴ, the Latines *Sorbus*; and in English Service, and Sorb-Tree.

Place and Time.] They flower in *March*, and the fruit is ripe in *September*, or the beginning of *October*.

Nature and Vertues.] *The Service berries are of temperature cold and binding, and more being hard then when they are rotten; yet then people usually eat them, but they yield no nourishment but what is gross and cold; therefore they are better for medicine then meat; and being gathered while they be hard, and cut and dryed in the Sun, they may be kept all the year to stay bleedings of Wounds, Mouth, or Nose, Fluxes, and Vomiting, the decoction drunk, or outwardly applyed.*

Solomons Seal. Sagillum Solomonis.

Description. COmmon Solomons Seal groweth with a round stalk about half a yard high, with the top bending down, set with single leaves one above another, somewhat large, like the leaves of *May* Lilly, of a blueish green colour, with some Ribs therein, and a little yellowish underneath: at the foot of every leaf almost from the bottom it hath small, long, and white pendulous flowers, like those of *May* Lilly, but ending in five longer points, for the most part two together, at the end of a small

ſmall foot ſtalk ſtanding all on one ſide the ſtalk under the leaves, after which come round berries, green at firſt, but afterwards of blackiſh green, tending to blue, wherein is contained ſmall white, hard, ſtony ſeed: The root is white and thick, full of knobs, or joynts in ſome places, reſembling the mark of a Seal; the taſte thereof is ſweet at firſt, but afterwards ſomewhat bitter and ſharp.

Names.] Its common Latine name is *Sigillum Solomonis*; and in Engliſh Solomons Seal, and ſometimes white Wort, or white Root, Jacobs Ladder, and *Scala Cæli* in Latine.

Place and Time.] It grows in divers places of this Land, as about *Odiham* in *Hampſhire*, in a Wood within two miles of *Canterbury*, by *Fiſh-pool Hill*, and between *Newington* and *Sittingbourn* in *Kent*, and divers other places: it flowers about *May*, and the ſeed is ripe in *September*.

Nature and Vertues.] *The roots of Solomons Seal are hot, and dry, and aſtringent, a Saturnine Plant; the roots have great vertue in ſealing or cloſing up the rim of the Belly when it is burſten, the decoction thereof taken in Wine, or the powder in broth or drink, and being outwardly applyed to the place; it is likewiſe good for other hurts, wounds, or outward ſores, to heal and cloſe up green wounds, and to dry up and reſtrain the flux of humors into old ſores: it alſo ſtayes bleedings, vomitings, fluxes, the running of the reins in men, and the whites and reds in women; it mightily conglutinates and ſoders broken bones in man or beaſt, the bruiſed root applyed to the place, and the decoction thereof or infuſion in wine being ſtrained out hard and drunk; it is likewiſe effectual for inward and outward bruiſes, falls, and blows, to diſperſe the congealed blood, and take away the pains, and black and blue marks that abide after the hurt: and the diſtilled water of the whole herb cleanſeth the skin from Morphew, Freckles, and Spots, making it fair and ſmooth.*

Sampire. Feniculum marinum.

Deſcription. ROck Sampire ſpringeth up with a tender green ſtalk, about half a yard high, or two foot at the moſt, branching forth almoſt from the bottom, ſet with many thick, almoſt round, and ſomewhat long leaves, of a deep green colour, three together, and ſometimes more on a ſtalk; full of ſap, and of a pleaſant hot or ſpicy taſte: at the tops of the ſtalks and branches ſtand Umbels of white flowers, after which come large ſeed, ſomewhat like Fennel ſeed, but bigger: The root is great, white, and long, of a pleaſant ſmell and taſte, and abideth many years.

Names.] The Greeks call it Κριθμον, the Latines *Feniculum Marinum*, and in Shops *Creta marina*; in Engliſh Sampire, and Sea Fennel.

Place and Time.] The Cliffs in the Iſle of *Wight* abound with it, where it is incredibly dangerous to gather; yet many adventure it, though they buy their ſauce with the price of their lives: It groweth alſo about the Rocky Cliffs upon the Sea coaſt in moſt parts of *England*. It flouriſheth in *May* and *June*, and is fitteſt to be gathered in the beginning of *Auguſt*. It flowers and ſeeds in *Auguſt*.

Nature and Vertues.] *Sampire is of a cleanſing faculty, and is hot and dry about the ſecond degree, an herb attributed to the influence of* Jupiter. *Pickled Sampire is an excellent ſauce for digeſtion of meats; it breaks the Stone, and expells Gravel out of the Reins and Bladder, and provokes Urine, and womens Courſes. The decoction of the leaves, ſeeds, and roots in wine being drunk, helps ill digeſtion, and opens obſtructions of the Liver and Spleen, and of the Entrails, which are the cauſes of moſt diſeaſes: it is grateful both to the taſte and ſtomach, and helps to whet a dull appetite, by the ſaltneſs and ſpici-*

ſpicineſs that is in it. The way to preſerve it in pickle, is to boil it in water till it be tender, and then pickle it up in a Barrel with a liquor made of Vinegar, Water, and Salt.

Saunders. Santalum.

Kindes and Names. THere are three ſorts of this plant brought unto us, *viz. Santalum Rubrum*, Red Saunders; *Santalum Album*, or white Saunders; and *Santalum Citrinum*; or *Flavum*, yellow Saunders: they are all brought unto us from the Eaſt Indies, where they naturally grow about the River *Ganges*, and in the Iſle of *Timor*, and provinces adjacent.

Nature and Vertues.] *Of all theſe three kindes of Saunders the yellow is the beſt, the next is the white, the red is leaſt in uſe; they are Solar Plants, yet by temperature cold and dry in the ſecond degree: the red is more cooling and binding; they open and cool the Liver, and eaſe pain of the Head, and are good to ſtrengthen and revive the Spirits, for which purpoſe they are uſed in Jellies, Sauces, and Broths, &c. they are likewiſe good in hot burning diſeaſes, as Fevers, and ſuch like. The red Saunders applyed to Maids, or Womens great Breaſts, mixed with the juyce of Purſlain, abateth their greatneſs, and repreſſeth their growing too big; it is likewiſe effectual to ſtanch Blood at the Noſe, or other place, being taken in red Wine, and is uſed to ſtay defluctions of thin Rheume from the head, and to cool and temper the heat in hot Agues, hot Gouts, and Inflammations: In cordial medicines the white and yellow Saunders are moſt effectual, by reaſon of their ſweetneſs; they help faintings of the Heart, and weak Stomachs, cauſed by heat, they divert Melancholly, and procure Mirth, they ſtay the ſpermatical flux in man or woman: The powder taken in a rear Egge, or mixed with other things for that purpoſe, or being infuſed in red Wine all night in Balneo, or hot Embers, and the Wine ſtrained and*

drunk morning and evening, for all inflammations it is very effectual, being mixed with the juyce of Houſleek, Nightſhade or Purſlain; outwardly they are good in Fomentations and Epithems againſt the intemperate heat of the Liver; and being applyed with Roſe water to the Temples, they eaſe pains of the Head, and ſtay the flowing of humours into the Eyes.

Sanicle. Sanicula.

Deſcription. SAnicle ſpringeth up with many leaves of a middle ſize, deeply cut or divided into five or ſix parts, and ſome of them cut alſo ſometimes, ſtanding upon browniſh foot ſtalks about a handful high, ſomewhat like the leaves of Crow-foot, or the broadeſt ſort of Anemonies finely dented about the edges, ſmooth and of a dark green ſhining colour, and ſometimes reddiſh about the brims; amongſt which riſe up ſmall, round, green ſtalks, without any joynt or leaf, but at the top, where it brancheth into flowers, having a leaf divided into three or four parts at that joynt with the flowers, which are ſmall and white, growing out of ſmall, round, greeniſh, yellow heads, ſtanding on a tuft together, which afterwards contains ſmall round burry ſeeds, ſticking unto any thing like the ſeeds of Cleavers. The root conſiſts of many black ſtrings, ſet together at a little long head, which abideth with the green leaves all the winter.

Names.] It is called in Latine *Sanicula*, from its efficacy in healing Wounds, and by *Lobel*, *Diapenſia*; in Engliſh Sanicle; There is a ſort called *Pinguicula Eboracenſis*, Butter-wort, and Butter-root, becauſe of the oylineſs of the leaf.

Place and Time.] It grows in woody ſhadowy places, and under hedges in many places of this Land: it flowers in *July*, and the ſeed is ripe ſoon after.

Nature and Vertues.] *Sanicle is hot and dry in the ſecond degree,*

degree, bitter in taſte, and ſomewhat aſtringent: Culpepper *aſcribes it to* Venus, *but I judge* Mercury *hath the greater influence upon it; but the Sun moſt of all: It is an excellent herb for any infirmity of the Lungs, and is a ſingular good wound herb, ſpeedily healing all green Wounds, and alſo Ulcers, Impoſthumes, and bleeding inwardly, and it diſſipateth and repreſſeth Tumors in any part of the Body, if the decoction or juyce be taken, or the powder in drink, and apply the juyce outwardly. The decoction of the leaves and root, with a little honey added to it, heals putrid and malignant Ulcers in the Mouth, Throat, and Privities, by gargling and waſhing them therewith; it helps to ſtay womens Courſes, and and all other Fluxes of blood and Lasks of the Belly, ulcerations of the Kidneys, pains in the Bowels, and the running of the Reins, being boiled in wine, or water, and drunk; it is effectual to heal Burſtings or Ruptures either inwardly or outwardly, as well as any of the Conſounds, or other vulnerary herb whatſoever: Of it alſo may be made an oyntment good for obſtructions of the Liver, and a ſyrrup or conſerve for the Lungs.*

Sauce alone, or Jack by the Hedge.

Deſcription. THis herb as well as Wood-Sage is by ſome reckoned amongſt the kindes of *Scordium*; but I ſhall deſcribe it, being different therefrom; it groweth up with round broad leaves pointed at the ends, and dented about the edges, ſomewhat like Nettle leaves, but of a freſher green colour, and not rough nor prickling, and are ſet ſingly one at a joynt, the lower leaves being rounder then thoſe that grow towards the top, at the tops of the ſtalks grow very ſmall white flowers one above another, after which follow ſmall, long, round pods, wherein is contained ſmall, round, and ſomewhat blackiſh ſeed; the root is ſtringy and fibrous, periſhing

ing when it hath given ſeed, and riſeth again of its own ſowing. This Plant being bruiſed, ſmelleth ſtrong like Garlick, but more pleaſant, and taſteth hot and ſharp almoſt like Rocket.

Names.] It is called in Engliſh Poor mans Treacle, and Engliſh Treacle, and ſo is Scordium.

Place and Time.] It grows in many places by Pathwayes, and under Walls and hedges, and flowers in the Summer Moneths.

Nature and Vertues.] *Jack by the hedge warmeth the ſtomach, and cauſeth digeſtion; and therefore is a good ſauce to ſalt Fiſh, to digeſt the crudities, and corrupt humors it ingenders: the juyce thereof boiled with honey, is good for the Cough, and to cut and expectorate tough Phlegm. The decoction of the ſeed in wine being drunk, is good to help the winde Chollick, and the Stone, and for fits of the Mother, to drink the decoction, and apply the ſeeds warm in a cloath. The green leaves are accounted good to heal Ulcers in the Legs, and the leaves and ſeed boiled is good to be uſed in Gliſters to eaſe pains of the Stone.*

Sarſa-parilla. Smilax-aſpera.

IT is called *Smilax-aſpera* alſo in Latine; and in Engliſh Prickly Binde-weed: it grows in the Weſt-Indies, as *Peru*, and *Virginia*.

Nature and Vertues.] *It is of thin parts, and provokes ſweat, and of temperature hot and dry, near the ſecond degree,* Mars *his herb ſurely, whereby he cures himſelf when* Venus *hath clapt him: The decoction being excellent for the French Pox, and likewiſe is good in Rheumes, Gouts, and cold Diſeaſes of the Head, and Stomach, and expelleth winde from the Stomach and Mother; it helpeth aches in the Sinews and Joynts, running ſores in the Legs, cold ſwellings, tetters, ring-worms, ſpots, and foulneſs in the skin, and helpeth Catharrs, and*

ſalt

ſalt diſtillations from the head, is good in Tumors, and the Kings Evil: and a dram of the powder being taken in Ale or Wine, with the the like qnantity of Tamarisk, is good for Tumors of the Spleen. Sarſa doth purge the body of humors by its drineſs, and diaphoretical quality, and is a good antidote againſt poiſons; but is not proper to be given to ſuch as have Agues, or hot Livers.

Saſſafras, or Ague-Tree.

Place and Time. THis plant was firſt diſcovered by the French about *Florida*, where it groweth; as alſo in moſt parts of the Weſt Indies, and is green all the year.

Nature and Vertues.] *The wood is hot and dry in the ſecond degree, and the rinde hot and dry in the third: it purgeth watry and phlegmatick humors, and therefore is good in the Dropſie: the decoction thereof being drunk morning and evening for certain dayes together, which decoction is thus made; take of Saſſafras four ounces, ſteep it four and twenty hours in a Gallon and a half of fair water, then boil it to the conſumption of half, and ſtrain it: this decoction doth open obſtructions of the Liver and Spleen, and is good in cold diſeaſes and Rheumes which fall from the head upon the teeth, eyes, and Lungs, and is available in Coughs, and cold diſeaſes of the Lungs, Breaſt, and Stomach, and procures a good appetite, and conſumes windineſs, and makes a ſweet breath; it is likewiſe commended to provoke Urine, and Womens Courſes, and to expell Gravel and the Stone out of the Kidneys: it dryes up overmuch moiſture of the Womb, and cauſeth women to Conceive; it is good in Fevers, and tertian and quotidian Agues, and alſo for the French Diſeaſe, and other diſeaſes coming of corrupt humors, to be uſed in dyet drinks: it may be given in powder from a ſcruple to two ſcruples.*

☞ See further of this in *Culpeppers School of Phyſick.*

Satyrion, or Orchis. Teſticulus Canis.

Deſcription. SAtyrion riſeth up with many large, long, ſmooth, green leaves lying on the ground, ſomewhat ſpotted like Dragons, amongſt which riſeth up a round ſtalk with ſome ſuch leaves on it, bur leſſer; towards the top grows a large head of many purple flowers, and ſome are white, ſpotted with a deeper purple colour, each flower having a heel of the ſame colour behinde it: They have all a double Root, whereof ſome kindes are flat and broad like unto hands, the other round like unto ſtones: Theſe roots alter every year by courſe, when one waxeth full, the other periſheth and groweth lank; the full one will ſink, and the other ſwim, if put into water.

Names.] As there are many kindes of this Plant, ſo it hath many names: It is called Satyrion, and Orchis, *Teſticulus Canis*, *Teſticulus Capri*, Prieſts Ballocks, Fools ſtones, Dogs ſtones, Cullians, Fox ſtones, Standard-graſs, and many other names, &c.

Place and Time.] They grow in Paſtures, Meadows, and moiſt grounds, as in *Danmore* Copſe, and *Danmore* Mead at *Holſhot* in *Hampſhire*, and in *Cobham* Park in *Kent* it groweth ſo abundantly, that it may ſerve to pleaſure Seamens wives in *Rocheſter*, for there they may be ſure to finde it in great plenty from the beginning of *April* to the latter end of *Auguſt*.

Nature and Vertues.] *They are hot and moiſt, (the full roots I mean) the lank ones are hot and dry*, Venus *claims all ſhe can get of them: The full roots do powerfully provoke to Venery, but the lank ones are ſaid to mortifie Luſt; being boiled in milk, and eaten with white Pepper, they nouriſh ſuch as are in Conſumptions, or have an Hectick Feaver: The flowers are likewiſe effectual to increaſe and ſtir*

up

up nature: The Roots boiled in wine and drunk, ſtop the Flux; and being applyed green, they conſume Tumours, and cleanſe rotten Sores and Ulcers, and the powder thereof ſtayes the fretting and feſtring of devouring Ulcers, being put therein: The ſame Root being bruiſed and applyed, is good againſt Inflammations and Swellings: and being boiled in wine with a little honey, it helps Ulcers and Sores in the Mouth.

Savory, and the ſorts. Thymbra.

Deſcription. I Shall not need to ſay more in the Deſcription, but onely that the common kindes are two, Winter and Summer Savory, which are both common in Gardens.

Names.] The Greeks call it θύμβρον and θύμβρα, and it is alſo called *Thymbra* in Latine, and by ſome *Satureia.*

Nature and Vertues.] *Savory is hot and dry in the third degree, and openeth and maketh thin, being ſubject to the influence of* Mercury: *It provokes Womens Courſes, and expells Winde, being boiled in wine or water, and drunk; and it is commended for women with childe to take it inwardly and ſmell often to it: It helps riſing of the Mother, provokes Urine, and expells Winde: It takes away loathing of the Stomach, and procures a good appetite, it cuts tough Phlegm in the Cheſt and Lungs, and is good to ſeaſon ſtewed meat or broaths: The juyce being ſnuffed up into the noſtrils, quickens the dull ſpirits in the Lethargy, and being dropped into the eyes, it clears the ſight which is dulled by thin humours diſtilling from the brain. The juyce heated with a little Oyl of Roſes, helps deafneſs and noiſe in the ears, being dropped into them. It helpeth to eaſe the Sciatica, and members that have the Palſie, being applyed pultiſswiſe with Wheat-flower: It is good againſt the ſtingings of Waſps and Bees, and being laid in Chambers it killeth Fleas.*

Savin.

Savin. Savina.

IT is nurſed up in Gardens, and abides green all the year, being ſo well known it needs no further deſcription.

Names.] It is called in Latine *Sabina* and *Savina.*

Nature and Vertues.] *The leaves of Savin are hot and dry in the third degree, and of ſubtle parts, under the Influence of* Mars.

The decoction of Savin is powerful to provoke Womens Courſes, and it alſo expells the Birth and After-birth, and cauſeth Abortion: It expelleth blood by Urine, and is good for the Kings Evil; the powder thereof mixed with honey cleanſeth filthy Ulcers and Fiſtula's, but is unapt to heal them; and being mixed with Cream, and Childrens heads anointed therewith which have ſcabs or running ſores, it cleanſeth and healeth them, and alſo St. Anthonies *fire: A dram of Savine in powder mixed with three ounces of Nitre, and two of Honey, helps ſuch as are ſhort-winded, as ſaith* Mathiolus: *It kills Worms in Children, being applyed to the Navel, or the belly anointed with the Oyl thereof: The powder of the leaves mixed with honey takes away ſpots and freckles in the face, or body, and helps bliſters of the Yard, (gotten by a Lady of Pleaſure) they being firſt bathed with the decoction of the leaves, and is good to heal Scabs and Itch, Tetters, and Ring-worms, and to break Carbunckles and Plague-ſores, being ſpread upon a piece of leather, and applyed to the place: The diſtilled Water cleanſeth the skin, and helpeth ſuch as have the Worms.*

Saxifrage. Saxifragia.

Deſcription. THere be accounted nine kindes of this Plant which grow in *England*, I ſhall deſcribe three of them as the moſt uſeful, *viz.* Engliſh Saxifrage, or Mead-Parſley, White Saxifrage, and Burnet Saxifrage.

Engliſh

Engliſh or Meadow Saxifrage (called Mead-Parſley) groweth with many green winged leaves like Fennel but thicker and broader, amongſt which riſe up divers creſted ſtalks of a Cubit high, having thereupon divers ſmaller ſtalks of winged leaves alſo finely cut, but harſh to the feeling, bearing at the top Umbels of white Flowers tending a little to yellow, after which come ſeed much like Fennel-ſeed, but browner, and of a ſmall taſte: The Root is thick, black without and white within, and of a good ſavour.

White Saxifrage hath many round, faint, yellowiſh green leaves, but grayiſh underneath, ſpread upon the ground, unevenly dented about the edges, and ſomewhat hairy, every one upon a little foot-ſtalk, from whence riſeth up a round, browniſh, hairy green ſtalk, about a foot high, with a few leaves like the former, but ſmaller, branched at the top, whereon ſtand pretty large white flowers of five leaves apiece, with ſome yellow threds in the middle, ſtanding in a long creſted browniſh, green huſk, after which ariſeth ſometimes a round hard head, biforked at the top, wherein is contained blackiſh ſmall ſeed: The Root is compoſed of black ſtrings or fibres, whereunto are faſtned many reddiſh grains about the bigneſs of Pepper-corns, which are called by the Apothecaries white Saxifrage ſeed.

Burnet Saxifrage ſpringeth up with divers ſtalks, of winged leaves ſet one againſt another, each being ſomewhat broad, and a little dented about the edges, of a ſad green colour; at the tops of the ſtalks come Umbels of white Flowers, and after them ſmall blackiſh ſeed: The Root is long and whitiſh.

Names.] *Saxifraga*, and *Saxifragia* are the Latine Names.

Place and Time.] The firſt groweth commonly in Meadows

dows and Paſtures, and flowers from *May* till the end of *Auguſt*: The ſecond grows in Fields and corners of Meadows, and in graſſie, ſandy places; and the third grows in moiſt Meadows, and flowers about *July*, and the ſeed is ripe in *Auguſt*.

Nature and Vertues.] *They are all hot and dry in the third degree, and ſaid to be herbs of the Moon, but I can finde no reaſon for it; the decoction of the ſeeds or roots of Mead-Parſley made in white wine, helps the Strangury, provokes the Courſes, and expells the ſecondine or dead Childe, and breaks the Stone in the Bladder and Kidneys; half a dram or a dram of the root in powder taken with ſugar, warmeth and comforteth the ſtomach, and eaſeth griping pains of the belly, and the Chollick, and expelleth Winde; and outwardly it is good in fomentations and bathes to provoke Urine, and eaſe pains of the belly which proceed from Winde: The decoction of the ſeed or root of white Saxifrage, or the powder thereof drunk in wine, is good againſt the Stone, Strangury, and ſtoppings of the Kidneys and Bladder: The diſtilled water of the whole herb is good for the ſame purpoſes, and to cleanſe the Stomach and Lungs from tough and thick Phlegm: The ſame water is given by Nurſes to their Children for the frets and ſtopping of Urine: The Burnet Saxifrage hath the ſame properties as the other in expelling Urine, Winde, and helping the Chollick, and to eaſe pains of the Mother, to procure Womens Courſes, to break the Stone in the Kidneys, and to digeſt cold and tough Phlegm in the ſtomach, and is a good remedy againſt venome: The dryed roots are as hot as Pepper, and may be uſed for it, being more wholeſome, as ſaith* Tragus: *The root and ſeeds in powder taken with Sugar, purgeth the brain, reſtoreth loſt ſpeech, and is good for Convulſions, Cramps, Apoplexies, and cold Feavers: The diſtilled Water wherein* Caſtoreum *hath been boiled is good for the ſame, and alſo for the Palſie and other cold griefs: The ſame drunk with*

with wine and vinegar is good in the Plague, and preſerves from infection and corrupted air, being chewed in the mouth: The diſtilled water beautifieth the face, and cleanſeth it from ſpots and freckles, and cauſeth a good colour, and is good for all the purpoſes aforeſaid, being taken with ſugar; the juyce of the leaves doth the ſame, and being dropped into wounds in the head or any other place, it dryeth up the moiſture, and heals them quickly: The ſeeds being made into Comfits like Carraway ſeeds, are good for all the aforeſaid purpoſes.

Scabious, and the kindes. Scabioſa.

Deſcription. THere are many kindes of this Plant mentioned by Authours, I ſhall onely name three, *viz.* Common Scabious, ſmall common Scabious, Corn Scabious: The onely difference between the two firſt is, that the leaves of one are bigger then thoſe of the other; and the Corn Scabious is greater then the other, the flowers more purple, and the root doth not run deep into the ground as the firſt doth.

The common Field Scabious riſeth up with many hairy ſoft, whitiſh green leaves, ſome whereof are not at all jagged, or very little, others are much rent in the ſides, and have films or ſmall threads in them, which may be ſeen in the breaking them; among which riſe up many round hairy green ſtalks, two or three foot high, with ſuch like hairy green leaves on them, but more deeply and finely divided, and branched forth a little; at the tops of the ſtalks ſtand round heads of flowers, of a pale blewiſh colour, many ſet together in a knop, the outermoſt being largeſt, with many threads in the middle, and ſomewhat flat at the top; and ſo is the head with ſeed: The Root is great, white, and thick, and grows deep into the ground, abiding many years.

Names.] *Scabioſa* is the Latine Appellation hereof.

Place

Place and Time.] The firſt groweth in Woods, Meadows, and Paſtures plentifully almoſt every where; the other in dry Fields, Corn-fields, and Fallow-Grounds; they flower in *June* and *July*, and ſo continue in ſome till the end of *Auguſt*, the ſeed ripening in the mean time.

Nature and Vertues.] *Scabious is hot and dry in the ſecond degree, a Mercurial plant, and is of an opening, cleanſing, and digeſting quality; it is effectual for all Coughs and diſeaſes of the breaſt and lungs; it ripens inward Ulcers, Impoſthumes, and the Pluriſie, the decoction of the dry, or green herb made in Wine, and drunk often: the clarified juyce taken in the morning faſting, to the quantity of four ounces, with a dram of Mithridate, or Venice Turpentine, defends the heart from infection of the Peſtilence, the party ſweating two hours after it in his bed; and after the firſt time taking it again if need require: the ſame is good againſt the ſtinging of venomous Beaſts.* Mathiolus *ſaith, that the decoction of the roots drunk forty dayes together, or a dram of the powder thereof taken at a time in Whey, helps ſuch as are troubled with ſpreading Scabs, Tetters, or Ringworms, though they be effects of the French Pox, and the juyce or decoction helps Scabs, or Itch, and an oyntment made of the juyce doth the ſame: The ſame juyce or decoction, cleanſeth and healeth inward Wounds. The green herb bruiſed, diſſolves and breaks a Carbunckle or Plague ſore being applyed thereto, in three hours ſpace, and helps the ſtinging of any venomous beaſt, being ſo applyed. The decoction of the herb and roots applyed, helps cold tumors or ſwellings in any part of the body, and any ſinew or vein that is ſhrunk. The juyce made up with the powder of Borax and Camphire, cleanſeth the skin of Freckles, Pimples, Morphew, and the Lepry. The Tents which are dipped in the juyce or water thereof are good to heal green Wounds, and old Sores and Ulcers: and the bruiſed herb being applyed, doth looſen any Splinter, broken Bone, Arrow head, or ſuch like thing ly-*

ing

ing in the fleſh, ſo that it may eaſily be drawn out: The decoction uſed either alone, or with juyce of Fennel, helps redneſs and ſpots in the Eyes; and the ſame decoction cleanſeth the head from Dandriff, Scurff, Scabs, and Itch, the head being waſhed with it warm: A ſyrrup made of the juyce and ſugar is effectual for all the inward purpoſes aforeſaid; and ſo is the diſtilled water of the herb and flowers.

Scordium, *or Water Germander.*

Deſcription. IT ſhooteth forth divers weak, ſquare, hairy branches from a ſmall root full of white ſtrings, ſpreading and running about in the ground; the branches take root in divers places as they lie and ſpread, whereby it much increaſeth: the leaves grow two at a joynt, not ſo large as Garden Germander leaves, of a darkiſh green colour, having thereon a ſhew of hairineſs and hoarineſs, ſomewhat ſoft, full of veins, and dented about the edges: The flowers are ſmall, red, and gaping, ſtanding at the joynts with the leaves towards the tops of the branches. It is thought not to perfect its ſeed, but is propagated by the branches.

Names] *Scordium* is the Latine name.

Place and Time.] It grows in wet grounds, and by waters ſides in many places of *England*, and flowers in *June*, *July*, and *Auguſt*: It is uſually gathered to be kept dry before it flowers.

Nature and Vertues.] *Scordium is hot and dry, of a certain harſh, ſharp, and bitter taſte; it is a Solar herb, a great reſiſter of Venome and Infection, and is the baſis of that medicine called* Diaſcordium; *it is of excellent uſe to ſtrengthen the heart, and procure ſleep in Feavers; it provokes the Tearms, haſtens womens labour, helps their uſual ſickneſs in lying in, and ſtrengthens the Stomach: ten grains or a ſcruple at a time may ſafely be given to weak people, and a dram*

or

or more to them that are ſtronger: The decoction of the green or dry herb in wine is good againſt venomous bitings, and other deadly poiſons, and griping pains of the ſtomach or ſides, that come of cold, or obſtructions, and for the bloody Flux; it is good againſt an old Cough, and to expectorate phlegm out of the Cheſt and Lungs, being made into an Electuary with Creſſes, Rozen, and Honey, and is good for ſuch as are burſten or troubled with the Cramp, it is a ſpecial Counter-poiſon in all peſtilential Diſeaſes, and Infections, and is often uſed with good ſucceſs before the fits of Agues, to hinder the acceſs, and drive them away: a little of the juyce thereof, or the powder in drink taken faſting, kills worms in the ſtomach or belly: The decoction of the dryed herb with two or three Tormentil roots, is available againſt the bloody Flux. The juyce or a ſyrrup made of the herb is profitable for many of the forenamed griefs. The green herb bruiſed and applyed, healeth any green Wound; and the dryed herb uſed with Honey, cleanſeth foul Ulcers. A pultis or cerate made of the dryed herb, helpeth to diſcuſs Wens, and excreſcences in the fleſh; it eaſeth alſo pains of the Gout, being applyed with vinegar or water.

Scurvy-graſs. Cochlearia.

Deſcription. OF this I ſhall mention two kindes, common or Sea Scurvy-graſs, and Dutch or Garden Scurvy-graſs: The Sea Scurvy-graſs is well known; the Dutch, or Garden Scurvy-graſs hath divers freſh, green, and almoſt round leaves, not ſo thick as the common ſort, a little hollowed in the middle, and round pointed, of a ſad green colour, ſtanding every one by it ſelf upon a long foot ſtalk, among which riſe up divers long, ſlender, weak ſtalks, about a foot high, thick beſet on each ſide, with ſmall white flowers on the tops of them, which turn into ſmall pods, with little browniſh

ſeeds: the root is white, ſmall, and fibrous; the taſte of it is ſomewhat bitteriſh.

Names.] The Latines call it *Cochlearia*, the leaf being like a ſpoon; in Engliſh Scurvy-graſs, and Spoon-wort.

Places and Time.] The Sea Scurvy-graſs groweth about the Sea Coaſts, and both on the *Eſſex* and *Kentiſh* ſhores in the River of *Thames*, ſo far as the ſalt water cometh: the other groweth in the Marſhes of *Holland* in *Lincolnſhire*, as well as in the Low Countreys; and likewiſe proſpereth in Gardens where it is ſown: they flower in *April*, and give their ſeed about the latter end of *May*.

Nature and Vertues.] *Scurvy-graſs is hot and dry, much in quality like the Garden Creſſes; it is an herb of* Jupiter: *It is an excellent remedy for that Diſeaſe called the Scurvy, which often afflicts Sea-men, and many perſons by land beſides. I have had it this Summer, after a Winters Ague; but by drinking the juyce of this herb every morning in Ale or white Wine have (by Gods bleſſing) obtained a cure in a ſmall time: it may likewiſe be taken in decoction, or in dyet drink; being tunned up with new Ale or Beer, and ſome long Pepper, Grains, Anniſeeds, and Liquorice added thereto, and at three dayes old the drink will be fit for your uſe; it opens obſtructions, and evacuates cold, clammy, and phlegmatick humors from the Liver, ſeat of Blood, and the Spleen, waſting the ſwelling, and hardneſs thereof, and reduceth the body to a lively colour: the juyce helps Ulcers and Sores in the mouth, it being gargled with it, and outwardly uſed, it cleanſeth the skin from ſpots and ſcars: The conſerve worketh the ſame effects as the juyce or herb, and is a fine delicate medicine for weak ſtomachs.*

Of Sebeſten. Myxa.

Deſcription. THis is a certain Plum, brought hither out of *Aſſyria*, and is called by them

Sebeſtens; in Latine, *Myxa*, and *Myxaria*, from the Greek word μύξα, which is their name for the Tree.

Nature and Vertues.] *Sebeſtens are temperately cold and moiſt, of a thick clammy ſubſtance, they cleanſe the throat of hoarſeneſs, and roughneſs, cauſed by ſharp humors, which deſcend from the head into the winde-pipe, and cauſe difficulty of breathing: they alſo cauſe phlegm to be avoided, and help the Cough, and Wheefings of the Lungs, and diſtillations upon them; they help the ſharpneſs of Urine, proceeding from Choller, or ſalt Phlegm, and help ſuch as are troubled with pains in their ſides; they are good in hot Agues to cool the intemperate heat of the Stomach and Liver, and to purge Choller.*

Self-heal. Prunella.

Deſcription. IT is a low creeping herb, having many ſmall, and ſomewhat round leaves, a little pointed, of a ſad green colour, without any dents on the edges; the ſtalks are ſquare and hairy, about half a foot high, which ſometimes are divided into branches, with ſmall leaves thereon to the top, whereon ſtand brown ſpiked heads, conſiſting of many ſcaly leaves and flowers mingled together, gaping and commonly of a blueiſh purple colour, but ſometimes of a pale blue, of a ſweet ſmell in ſome, but in a few places: the root is ſmall and threddy, and by taking hold of the ground by the fibres which grow out from its branches it is much increaſed.

Names.] It is called generally in Latine *Prunella*, and of ſome *Solidago minor*, *Conſolida minor*, and *Conſolida minima*; in Engliſh Self-heal, Hook-heal, and Carpenters herb.

Place and Time.] It grows commonly in moſt Fields, and flowers in *May*.

Nature and Vertues.] *Self-heal is moderately hot and dry,*

dry, ſomewhat aſtringent, an herb of Venus; *an excellent Wound Herb either for inward or outward hurts, to be taken inwardly in ſyrrup or decoction, and outwardly to be applyed in Unguent or Plaiſters: of it ſelf alone it will heal any green wound, being bruiſed and wrought with the point of a knife upon a trencher, like unto a Salve and applyed, and is good to heal the ſore Nipples of Nurſes; it is good for thoſe that have received hurt by bruiſes or falls: a decoction being made thereof with Sanicle, Bugle, and ſuch other Wound Herbs, and is effectual to inject into outward Ulcers; and the inward taking thereof will help the ſharpneſs of humors which follow any Sore, Ulcer, Inflammation, Swelling, or the like: the juyce hereof mixed with oyl of Roſes, is good to anoint the Temples, and Forehead, for the Head-ache; and the ſame juyce mixed with a little honey of Roſes, cleanſeth and healeth Ulcers, and Sores of the Mouth and Throat, and ſecret parts.*

Sena. Colutea.

Deſcription. THe true Sena is ſaid to grow in *Arabia* and *Syria*, and is tranſported from *Alexandria* to us: There is a baſtard Sena, which is kept in many Gardens with us, commonly called *Colutea* which is its Latine name.

Nature and Vertues.] *The leaves of Sena (which are onely uſed) are hot near the firſt degree, and dry in the third; it is of a purging faculty, and leaveth a binding quality after the purging; it openeth obſtructions, and cleanſeth and comforteth the Stomach, being corrected with ſome Anniſeed, Carrawayſeed, or Ginger; it purgeth Melancholly, Choller, and Phlegm from the Head and Brain, Lungs, Heart, Liver, and Spleen, cleanſing thoſe parts of evil humors, a dram thereof taken in Wine, Ale, or Broth faſting; it ſtrengthens the ſences, and procureth mirth: it is alſo good in cronical Agues, whether*

Quartain, or Quotidian; it cleanſeth and purifieth the blood, and cauſeth a freſh and lively habit of the body, and is a ſpecial ingredient in dyet drinks, and to make purging Ale, to be taken to clarifie and cleanſe the blood: The baſtard Sena purgeth vehemently both upwards and downwards, offending the Stomach and Bowels.

Shepherds purſe. Burſa Paſtoris.

Deſcription. IT hath ſmall long leaves, of a pale green colour, deeply cut in on both ſides; the ſtalk is ſmall and round, parted into many branches, containing ſmall leaves upon them up to the top; the flowers are white, and very ſmall, after which come flat pouches which hold the ſeed, which are flat, in form of a heart, in each ſide whereof lyeth a ſmall browniſh yellow ſeed: the root is ſmall, and white, and periſheth every year.

Names.] The Latines call it *Burſa paſtoris*, and *Paſtoria Burſa*; in Engliſh Shepherds purſe, Poor mans Parmacity, Toywort, Pick-purſe, and Caſeweed.

Place and Time.] It grows frequently almoſt in every Field, and Hedges ſide, and upon Banks about *London*: they flower and ſeed all the Summer, and ſome of them twice a year.

Nature and Vertues.] *Shepherds purſe is cold, dry, and binding, a Saturnine Plant; the decoction hereof ſtoppeth the Lask, ſpitting of Blood, piſſing Blood, the Terms, and all other fluxes of Blood, howſoever it be taken, but eſpecially with red Wine, or Plantain Water: the juyce helpeth mattering and running Ears, being dropped therein. A good Salve may be made hereof for Wounds, eſpecially in the head. The bruiſed herb pultiſwiſe applyed, helpeth Inflammations, St.* Anthonies *fire, and cures running Sores, Fiſtula's, Swellings, hardneſs, new Wounds, Shingles, and rheumatick Sores. The juyce being drunk, helpeth ſtraitneſs of the Breath, the Strangury*

gury, and ſtoppage of Urine, and ſtoppeth Phlegm, and is very prevalent againſt venomous bitings, being drunk with Wine, and prevents the fits of Agues, being taken an hour before the fit.

Skirret. Siſarum.

THey grow not naturally in *England*, but as they are planted in Gardens.

Names.] It is called in Latine *Siſarum*, *Siſer*, *Chervillum*, and *Servilla*; they are miſtaken who take *Siſer* to be a Parſnip.

Nature and Vertues.] *The roots of Skirrets, which are onely in uſe, are moderately hot and moiſt: the roots are but of indifferent nouriſhment, yet they provoke Luſt, being windy, and are eaſily concocted, whereby they yield a reaſonable good juyce; they are dreſſed much after the manner of Potatoes, either baked or boiled, and ſtewed with Pepper, Butter, and Salt, and ſo eaten: they may be eaten alſo cold with Vinegar and Oyl, being firſt boiled: the juyce of the roots drunk with Goats milk, ſtoppeth the Lask, and being drunk in Wine, it is ſaid to help windineſs in the Stomach, gripings in the Belly, and the Hiccough; it doth ſomewhat provoke Urine, and is a little effectual to conſume the Stone and Gravel in the Bladder and Kidneys.*

Smallage. Paludapium.

IT is ſo well known I need not deſcribe it.

Names.] It is called in Latine *Paludapium*, and *Apium paluſtre*, and in Shops onely *Apium*; in Engliſh Smallage, and Marſh-parſley.

Places and Time.] It is found in Gardens, and ſometimes in wet and mooriſh Grounds, whence it was firſt brought; it flouriſheth when the Garden Parſley doth:

the ſtalks coming up the ſecond year, and then the ſeed is ripe in *Auguſt.*

Nature and Vertues.] *Smallage is hot and dry in the end of the ſecond degree, of a bitter taſte, and opening quality, being an herb of* Mercury; *it opens obſtructions of the Liver and Spleen, rarifies thick phlegm, and cleanſeth the Blood, being uſed in pottage amongſt other herbs, as Water-creſſes, &c. It drives down the Courſes, and is good for the Green Sickneſs; it provokes Urine, and is good againſt the yellow Jaundies: if a ſyrrup be made of the juyce, it is very uſeful in laſting Agues. The juyce with honey of Roſes, and Barley Water, cures Ulcers of the Mouth, and the almonds of the Throat, being bathed, or gargled therewith, and cleanſeth other foul Ulcers and Wounds; being mixed with honey, and uſed, it preſerves exulcerated Cancers from ſtinking, and putrefaction, and helps to heal them: the leaves boiled in Hogs greaſe like a pultis, helps Felons, and Whitloes on the fingers. The ſeed is good to break Winde, kill Worms, and help a ſtinking breath. The herb and root do warm the Stomach, and expell Winde, and help digeſtion. The root is to be ſliced and eaten with oyl and Vinegar. The root is ſtronger in operation then the herb for all the ſaid purpoſes; but eſpecially to open obſtructions, and rid away an Ague, the juyce thereof being taken in wine, or a decoction thereof made in Wine.*

Sorrel. Acetoſa.

THis is very well known plentifully to grow both in the Gardens and Fields, and needs no further deſcribing.

Names.] It is called in Latine *Acetoſa*, and *Acedula*, from its ſowreneſs.

Nature and Vertues.] *Sorrel is cooling and drying in the ſecond degree, and cutteth tough phlegm, by reaſon of its ſowreneſs; it is aſcribed to the dominion of* Venus; *it is a pleaſant*

pleaſant ſauce to many meats, grateful to hot Stomachs; it provokes appetite, tempers the heat of the Liver, and opens the ſtopping, and prevents the waſting thereof; it cools inflammations and heat in Agues and Fevers, and faintings ariſing from heat; it refreſheth the ſpirits. A Sorrel poſſet is excellent to quench the thirſt: the leaves taken faſting preſerve from infection, but much more the Conſerve, which is good for all the forementioned purpoſes: The ſeeds bruiſed and drunk in wine or water, are good againſt the fretting of the Guts, and the Chollick, and ſtops hot Fluxes of the Tearms, and of humours in the Bloody Flux, or flux of the Stomach: the leaves wrapped in a Colewort leaf, and roaſted under the Embers, and applyed, diſcuſſeth kernels in the Throat, and ripens and breaks any hard Impoſthume, Tumor, Boyl, or Plague Sore; the juyce uſed with Vinegar is good for Tetters, Ring-worms, and the Itch. The diſtilled water kills worms, reſiſts poiſon, and is good for all the ſaid purpoſes. The roots either in powder or decoction, are good for many of the forementioned purpoſes, and helpeth the Jaundies, and Gravel, and Stone in the Kidneys. A decoction of the flowers made in Wine and drunk, helpeth the black Jaundies, and inward Ulcers.

Wood-Sorrel. Alleluia.

Deſcription. IT groweth low upon the ground without any ſtalk, with a great many leaves coming from the root, made of three leaves, like Treefoil, every leaf ſomewhat reſembling a heart, being broad at the ends, cut in the middle, and ſharp towards the ſtalk, of a faint yellowiſh green colour, every one ſtanding on a long red foot ſtalk, which at their firſt coming up are cloſe folded together to the ſtalk, but opening themſelves afterwards; they are of a fine ſowre taſte, and yieldeth a juyce which turneth red when it is clarified: amongſt theſe leaves riſe up weak, ſlender foot ſtalks, bearing every one of them

a white flower at the top, conſiſting of five ſmall pointed leaves, ſtar faſhion, and in ſome daſht over with a ſmall ſhew of bluſh; after the flowers ſucceed ſmall round heads, with yellowiſh ſeeds in them: the root conſiſts of ſmall ſtrings, faſtned to the end of a ſmall long piece, of a yellowiſh colour, abiding with ſome leaves thereon all the Winter.

Names.] It is called in Latine *Trifolium Acetoſum*, and in Shops *Alleluia*, and *Lujula*; in Engliſh Wood-Sorrel, and Scab-wort.

Place and Time.] It grows in moiſt Woods, and ſhadowy places, and upon the old ſtems of Withyes, Alders, and ſuch Trees as delight to grow in wet and ſhadowy places: it flowers in *April* and *May*.

Nature and Vertues.] *Wood Sorrel is of temperature as the other, and under the Planetary Influence: This herb is ſingular good to defend the heart in all peſtilential Diſeaſes; and to cool the faintings thereof cauſed by heat in Agues, Fevers, and other diſeaſes; it preſerves the Blood from putrefaction, quencheth thirſt, ſtayeth Vomiting, and procures a good ſtomach, a dram of the Conſerve being taken in a morning, or oftner if need require; it is good in any contagious Diſeaſe: A ſyrrup made of the juyce is effectual for all the ſaid diſtempers, and ſo is the diſtilled water: the juyce is good to gargle the mouth for any Canker or Ulcer: it is good in Wounds and Scabs, to ſtay the bleeding, and to cleanſe and heal the Wounds, and to ſtay hot defluctions and Catharrs upon the Throat or Lungs. Spunges or linnen cloathes wet in the juyce, and applyed to hot tumors and inflammations doth cool and help them. A compoſition made with Mithridate, Sugar, and Wood Sorrel, hath been approved for thoſe that are entring into a Fever.*

☞ See further in *The Art of Simpling*: written by *W. Coles.*

Sow-

Sow-Thiſtles. Sonchus.

THey need no deſcription.

Names.] The Latines call them *Sonchus*, which is divided into *Aſperum* and *Levem*; and in Engliſh we call them prickly and ſmooth Sow-thiſtles, and ſometimes Hares Lettice; they are called likewiſe *Lactula Leporina*, *Palatium Leporis*, and *Leporum Cubile.*

Place and Time.] They grow in Gardens, and manured Grounds, commonly againſt the owners will, as alſo in Fields, upon old Walls, by Paths ſides, and High wayes.

Nature and Vertues.] *Sow-thiſtles are cold and binding, and conſiſting of a watery and earthly ſubſtance, being under the influence of* Venus: *they are familiarly eaten beyond the Seas, while they are young and tender, eſpecially the roots: the juyce heated with a little Oyl of bitter Almonds in a Pomegranate Pill, and dropped into the Ears, helps noiſe therein, and deafneſs, and other diſeaſes of the Ears: the bruiſed herb or juyce is good to apply to Inflammations of the eyes, or elſewhere, and to help Wheals and Bliſters in the skin, and is good to help the heat and itchings of the Piles, and the heat and ſharpneſs of humors in the privy parts of man or woman: the herb is eaten by ſome as a Sallet in the Spring to cool a hot ſtomach, and eaſe the gnawing pains thereof. The decoction in Wine helps to ſtay the diſſolutions of the Stomach: and the milk that comes from the ſtalk is good for ſuch to drink as are ſhort winded, and are troubled with Wheeſing. Three ſpoonfuls of the juyce taken in ſome Wine warmed, and a little Oyl with it, cauſeth eaſie and ſpeedy delivery; it is ſaid to avoid the Gravel and Stone by Urine: and the juyce taken in warm drink helps the Strangury. The decoction of the leaves given to Nurſes, cauſeth abundance of Milk, and ſuffereth it not to curdle in their Breaſts. The diſtilled water is effectual for all the diſeaſes before named to be taken with Sugar inwardly*

and

and outwardly, by applying cloathes or ſponges wetted therein; and is good for women to waſh their faces to clear the skin: The bruiſed herb or juyce applyed to Warts is ſaid to take them away.

Sow-bread. Panis Porcinus.

I Cannot finde that it is growing any where naturally in *England*, but is brought to us from *France* and *Italy*, ſo that I ſhall not deſcribe it.

Names.] It is called in ſhops *Cyclamen*, *Panis porcinus*, and *Artanita*; in Engliſh Sow or Swine-bread, becauſe the Swine love to feed on it in thoſe Countreys where it grows.

Nature and Vertues.] *It is hot and dry in the beginning of the third degree, and cutteth, cleanſeth, and digeſteth; it is an herb of* Mars: *The diſtilled Water of the roots ſnuffed up into the Noſtrils, ſtayeth bleeding at noſe ſaith* Mathiolus: *and that ſix ounces of the water being drunk with one ounce of fine Sugar, it ſtayeth the blood that cometh from the breaſt, ſtomach, or liver, or a vein that is broken in them: It purgeth violently, and therefore is to be corrected with Maſtick, Nutmeg, or a ſcruple of Rubarb, and ſo it helps hardneſs and ſwelling of the Spleen, and eaſeth the Chollick: The juyce opens the Hemorrhoids and Piles, and ſtrongly moveth to ſtool: The freſh root put into a cloth, and applyed to the ſecret parts of a woman that is in long travel, procures an eaſie and ſpeedy delivery, but if women with childe meddle with it before their due time it cauſeth Abortion. The juyce of Plantain, and the juyce of Sowbread, of each a like quantity mixed together with Aloes, Myrrhe, and Olibanum, ſtoppeth the bleeding of the Noſe, being applyed to the noſtrils and forehead: The juyce mingled with vinegar helpeth the falling down of the Fundament, it being fomented therewith.*

☞ See further of this in *Culpeppers School of Phyſick.*

Southern-

Southernwood. Abrotanum mas.

IT is generally known in Gardens, ſo that it needs no deſcription.

Names.] The Latines call it *Abrotanum*, adding the Epithet *(mas)* to it, to diſtinguiſh it from *Abrotanum famina*, which ſome hold to be Lavender Cotton.

Place and time.] The Gardens (as I told you) nouriſh it, the time of its flowering is in *June* and *July*, ſometimes later.

Nature and Vertues.] *It is a Plant of* Mercury, *having a rarifying diſcuſſing quality, and is hot and dry in the end of the third degree: The tops of Southernwood ſtamped and drunk raw in water, provoketh the Courſes, and is profitable for ſuch as cannot breath without holding their necks ſtraight up, and for the* Cramp, *ſhrinking of ſinews, and the* Sciatica, *and for ſtopping of Urine; which effects the ſeeds and flowers do moſt powerfully perform if they can be had. It deſtroyeth worms, and is good againſt poiſon and venome, being drunk in wine: The ſeed (if it can be had) digeſts and conſumes cold humours and tough Phlegm which ſtop the Spleen, Kidneys, and Bladder: The tops boiled in wine or water, and a little honey or ſugar added to it, helps difficulty of breathing being drunk three or four times a day, and is good for the Cough, Cardiack Paſſion, and other inward griefs. The aſhes thereof mixed with Oyl of* Palma Chriſti, *or old* Oyl Olive, *reſtoreth loſt hair, and cauſeth the beard to come forth ſpeedily if it be anointed therewith twice a day againſt the ſun or the fire: The tops ſtamped with a roaſted Quince, and applyed to the eyes, helps the inflammations thereof. A Salve made of the leaves being boiled and ſtamped with Barley-meal, and Barrows-greaſe, diſſolveth cold humours and ſwellings, being applyed upon a piece of cloth or leather. It helps alſo benummed or bruiſed Limbs, being ſtamped with Oyl*

and

and applyed; and takes away the ſhivering fits of Agues, the back-bone being anointed with it before the fit come. The bruiſed herb helps to draw forth ſplinters and thorns out of the fleſh being applyed thereunto; the aſhes dryeth up old ſores and ulcers: The Oyl of Southernwood is good in thoſe Oyntments that are uſed for the French Pox, and kills lice in the head: The diſtilled Water is ſaid to help the Stone, and diſeaſes of the Spleen and Mother: It is held more offenſive to the ſtomach then Wormwood, being taken inwardly; but the dryed herb being put in a linnen bag, and applyed to the ſtomach next the skin, comforteth a cold ſtomach: The herb boiled with Barley meal helps to take away pimples, puſhes, and wheals in any part of the body.

Speedwell, vide *Fluellin.*

Spignell. Meum.

Deſcription. COmmon Spignell ſpringeth up with ſundry long ſtalks of leaves, cut very finely like unto hairs, ſmaller then Dill, ſet thick on both ſides of the ſtalk, of a light or yellow green colour, and of a good ſcent, from amongſt which riſe up round ſtiff ſtalks with joynts, having a few leaves at them, at the tops whereof grow an Umbel of white flowers, the edges whereof do ſometimes give a ſhew of reddiſh or bluſh colour, eſpecially before they be full blown; after which come little roundiſh ſeed of a browniſh colour: The Roots are thick and long, in reſpect of the leaves growing out from one head, which is hairy at the top, of a blackiſh brown colour on the outſide, and white within.

Names,] The Greeks call it μῶυ, and the Latines *Meum*, and in Engliſh it is called of ſome Mew, Bald-money, or Bearwort.

Place and Time.] It grows in *Yorkſhire*, *Weſtmoreland*, and

and other Northern Countreys, flowers in *June* and *July*, and yields ſeed in *Auguſt*.

Nature and Vertues.] *The roots of Spignel are hot in the third degree, and dry in the ſecond, and ſaid to be under the influence of* Venus, *an Electuary made of the roots with honey conſumes winde in the ſtomach and guts, and eaſeth gripings in the belly; and is good againſt Catharrs, Rheumes, and Aches of the Joynts, and phlegmatick humours that fall upon the Lungs: The deſoction in wine or water being drunk, opens ſtoppings in the Kidneys and Bladder, helps the Strangury, provokes Urine, and ſtirs up Luſt. It alſo provokes the Tearms, and helps griefs of the Mother; but too great a quantity thereof cauſeth the head-ache: The Roots which are onely uſed in Phyſick, are effectual againſt the ſtinging or biting of any venomous creature, and is an Ingredient in thoſe main Antidotes, Venice Treacle and Mithridate.*

Spikenard. Nardus Indica.

IT is naturally an Indian Plant, called *Nardus Indica*, therefore I ſhall proceed to declare its Vertues, not troubling you at all with its deſcription.

Nature and Vertues.] *Spikenard is of a heating drying faculty, as ſaith* Dioſcorides; *it is good to provoke urine, and eaſeth pains of the ſtone in the Reins and Kidneys, being drunk in cold water; it helps loathing, ſwelling or knawing in the ſtomach, the yellow Jaundies, and ſuch as are liver-grown: It is a good Ingredient in Mithridate and other Antidotes againſt poiſon; to women with childe it is forbidden, but a decoction thereof may be a good bathe for others to ſit over that are troubled with Inflammations of the Mother: The Oyl of Spikenard is good to warm cold places, and to digeſt crude and raw humours: It worketh powerfully on all cold griefs of the Head and Brain, Stomach, Liver, Spleen, Reins, Bladder, and of the Mother: It purgeth the brain of Rheum being*

being ſnuffed up into the noſtrils; being infuſed certain dayes in wine, and then diſtilled in a hot bathe, the Water is good inwardly and outwardly to be uſed for any coldneſs of the members: It comforts the brain, and helps cold pains of the head, and the ſhaking Palſie: Two or three ſpoonfuls thereof being taken helps paſſions of the heart, ſwoonings, and the Chollick; being drunk with wine it is good againſt venomous bitings; and being made into Trochis with wine, it may be reſerved for an Eye-medicine, which being aptly applyed repreſſeth obnoxious humours thereof.

Spinage. Spinachia.

I Shall ſay but little of this, it being more uſed by the Cook then the Phyſician; for it is ſeldom uſed in phyſick, and I believe not very ſubſtantial food, (though ſome greedily eat it) ſome Latine Authours call it *Spinachia*, and ſome ſay, that the broth thereof makes the belly ſolluble, eaſeth pains of the back, clears the breaſt, and ſtrengthens the ſtomack.

Spleenwort, or Ceterach. Aſplenium.

Deſcription. SPleenwort beareth many leaves near a ſpan long, jagged on both ſides almoſt to the middle rib, ſet in ſeveral orders not one againſt the other, but one beſides another, being ſlippery, and green on the upper ſide, and of a dark yellowiſh roughneſs underneath, which is conceived to be the ſeeds; at its firſt coming up it rowleth and foldeth it ſelf as Fern doth, with many hairs on the outſide: The Root is ſmall, black, and rough, much platted or interlaced, having neither ſtalk nor flower.

Names.] *Ceterach* is the uſual name of it in ſhops, yet it is called *Aſplenium* and *Splenium*; in Engliſh Spleenwort, and Milt-waſte.

Place

Place and Time.] It groweth upon ſtone walls and rocks, and in moiſt and ſhadowy places, in the Weſt Countrey, on the Church of *Beconsfield* in *Barkſhire*, and at *Strowd* in *Kent* and other places: It continues green all the year.

Nature and Vertues.] *It is hot and dry in the firſt degree, of thin ſubtle parts, no way Saturnine, but rather Mercurial: It is profitable for all diſeaſes and infirmities of the Spleen, eſpecially ſuch as cauſe it to grow too big, for it diminiſheth it; it is effectual for the yellow Jaundies, ſtoppings of the Liver, and the Hiccough: It helps the Strangury and Stone in the Bladder; it helps the Running of the Reins, a dram of the duſt ſcraped from the back ſide of the leaves, and taken with half a dram of Amber in powder in the juyce of Plantain or Purſlain. The decoction helps Melancholly Diſeaſes, and ſuch as ariſe from the French Pox; but if it be boiled over long, the ſtrength will be loſt. The diſtilled water is good for the Stone, and the lye made of the Aſhes being drunk ſome time together, helps ſpleenatick perſons, and ſo doth the herb being boiled a little and applyed to the region of the Spleen. The uſe of this plant hinders Conception, and therefore women that deſires Children muſt forbear it.*

Squinant, Sweet Ruſh, or Camels Hay.
Schænanthos.

SChænanthos, or *Juncus Odoratus* are the Latine names hereof: it is an Arabian Plant.

Nature and Vertues.] *The whole Plant hath an aſtringent faculty; the roots do binde moſt, and the flowers are more hot; it gently cutteth humors, and digeſteth them: The decoction of the flowers being drunk, ſtayeth ſpitting of Blood, and is conducible to diſeaſes of the Stomach, Lungs, Liver, and Reins: The root is held effectual for the loathing of the Stomach, a*

dram

dram thereof in powder with the like quantity of Pepper being taken faſting certain mornings together, and is a good remedy for the Dropſie, Convulſions, and Cramps; being boiled in the broth of a chicken, it is effectual for pains of the Womb, and pains after Childe-bearing. Dioſcorides *ſaith it provoketh Urine, and Womens Courſes, diſcuſſeth Swellings, and Winde, but troubles the head a little.*

Starwort. Bubonium.

Deſcription. THere be many kindes of this Herb, yet that which grows moſt naturally in *England*, is the Attick or yellow Starwort which groweth about a foot high, with three or more hairy ſtalks, with long, rough, hairy, browniſh, dark, green leaves on them, divided into two or three branches; at the tops whereof ſtand a flat ſcaly head, compaſſed underneath with five or ſix long brown, rough, geeen leaves, like a Star; the flower ſtanding in the middle conſiſts of narrow, long, pale, yellow leaves, ſet with browniſh yellow thrums; which turning into doun, are carried away with the Winde: the root is fibrous, and of a binding ſharp taſte.

Names.] This kinde is called *After Atticus*, and *Bubonium* in Latine.

Place and Time.]It is ſaid to grow upon *Hampſted Heath.* One ſort of Starwort or other is in flower from *June* to *October.*

Nature and Vertues.] *Starwort is ſaid to be cooling and drying, and doth moderately waſte and conſume, an herb of* Venus; *the leaves and flowers boiled in water, helps pains and ſores in the Groin, and ſo doth an oyl made by infuſion thereof: the dryed flowers being bound to the grieved place, takes away Inflammations thereof; it helps the Quinzy, and Falling Sickneſs in Children: An oyntment made of the green*

green Herb and Hogs Greaſe, is good to anoint a hot Stomach and inflamed Eyes, to help falling down of the Fundament, and ſuch as are bitten by a mad Dog; it conſumes ſwellings of the Throat; and the herb being burnt, driveth away Serpents.

Stone Crop, or Wall Pepper. Vermicularis.

Deſcription. THis Plant is much like unto the leſſer Houſleek, called alſo Sedum, and Prickmadam, and is by *Gerrard* and others ranked amongſt the number of the Sedums, or Prickmadams; but becauſe of its far different and contrary temperature, I have placed it alone: it is a low and little herb, the ſtalks whereof are ſlender and ſhort, about which the leaves ſtand very thick, being ſmall in growth, full bodied, ſharp pointed, and full of juyce. The flowers ſtand at the top, and are of a yellow colour, and of a ſharp biting taſte; the root is nothing but ſtrings.

Names] The Latine names are *Vermicularis*, and *Illecebra, Minor Acris*: The *tertium Semper vivum* of *Dioſcorides*, which he ſaith the Grecians call ἀνδράχνη ἀγρία, and τηλεφιον, and the Romans *Illecebra*.

Place and Time.] Stonecrop grows in ſtony and dry places, in chinks and cranies of old Walls, and on the tops of tiled Houſes; on the Church-houſe at *Heckfield* in *Hampſhire* uſeth to grow abundance of it: it flowers in the Summer moneths, and is alwayes green as the Sengreens are.

Nature and Vertues.] *Stonecrop is of a very hot temperature, ſharp and biting; being outwardly applyed it raiſeth Bliſters, as the* Ranunculus, *or Crow-foot will do, and at length exulcerateth: therefore ſuch as have any occaſion to uſe the cooling Prickmadams, ought to beware that they miſtake not this for it.*

Dioſcorides ſaith, that it waſteth away hard kernels of the Kings Evil, if it be applyed unto them with Hogs Greaſe, and boiled in Oyl of Roſes, and the ſore Piles anointed therewith, it eaſeth their pains: The juyce (as Gerrard ſaith) being extracted and drawn forth, and taken with Vinegar or ſome other liquor, procures Vomit, and brings up groſs and phlegmatick humors, and alſo chollerick, and doth thereby oftentimes cure the quartain Ague, and other Agues of long continuance: and being given in this manner, it is a remedy againſt poiſons inwardly taken, but it is dangerous to be uſed; and there being many other ſafer medicines for the ſame purpoſes, I conceive it is better to be forborn then experimented.

Strawberries. Fragraria.

THey need no deſcription: The Plant is called in Latine *Fragraria*, and the fruit *Fraga*. They grow both in Gardens, and wilde in Fields and Woods.

Nature and Vertues.] *Let* Venus *have theſe ſweet Berries, leſt ſhe loſe her longing.*

The leaves of Strawberries are cooling in the firſt degree, and the root more drying and binding; the green berries are cold and dry, but when they are ripe they are cold and moiſt: The diſtilled water of the berries is good againſt faintings of the heart, and overflowing of the gall. The berries themſelves refreſh and comfort fainting ſpirits, cool the Liver, Blood, and Spleen, and chollerick Stomachs, and quench thirſt; they are good for other Inflammations, but meddle not too much with them in Fevers, leſt they putrifie in the Stomach, and increaſe the Fits. A decoction of the leaves and roots in wine and water doth abate the heat and ſharpneſs of Urine, cools the Liver and Blood, and aſſwages Inflammations in the Reins and Bladder, ſtayes the bloody Flux, and the Tearms, and helps the ſwellings of the Spleen. The juyce or the decoction of the herb and root cleanſeth foul Ulcers, being waſhed therewith: the leaves and roots hereof ſerve to make lotions and gar-

gargles for ſores in the Mouth, or privy Parts, and are good to faſten looſe Teeth, and to heal foul Gums; it alſo helps to ſtay Catharrs, or defluctions of Rheume into the Mouth, Throat, Teeth, or Eyes. The juyce or water is good for red and inflamed Eyes, and alſo to help puſhes and wheals in the face or other parts, and to make the skin clear and ſmooth. The water of Strawberries diſtilled in a glaſs after they have ſtood twelve or fourteen dayes in Horſe dung, cureth the Leproſie and Morphew, if it be drunk.

Succory, Dandelion, or Piſſabeds. Cicorea.

SUccory, Endive, and Dandelion differ not much in operation: the Garden Succory, and wilde Dandelion, or Piſſabeds, are all very well known; ſo that I ſhall not need to deſcribe either.

Names.] Succory is called *Cicorea* in Latine, and the Dandelion *Dens Leonis* from the jagged leaves reſembling a Lions Tooth.

Nature and Vertues.] *Succory and Endive are cold and dry in the ſecond degree; the wilde ſorts are dryer then the Garden kindes, and do cleanſe and open moſt by reaſon of their bitterneſs; it is an herb of* Jupiter.

The leaves of the Garden kindes are uſed both for meat and medicine; they do both cool the Liver, and open the obſtructions thereof, ſtrengthening the ſame; and likewiſe helps burning Agues, lack of ſleep, ſtopping of Urine, and the Gall, the yellow Jaundies, and great heat of the Stomach. A draught of the decoction of the herb or root in wine drunk faſting, helps the Dropſie, and drives forth cholerick and phlegmatick Humors: the like decoction in wine is good againſt lingering Agues, and a dram of the ſeed in powder taken in Wine before the fit, is available in Agues, and for faintings and paſſions of the heart: the herb outwardly applyed is good to allay ſharp humors in Ulcers, Tumors, and peſtilential Sores, and

helps inflammations of the Eyes, and clears the ſight, and eaſeth pains of the Gout. The diſtilled water is effectual for the ſame purpoſes, and to drink morning and evening for ſtraitneſs in the Breaſt, and is good for women with Childe, and the Head-ache in Children coming of heat; which water or the juyce of the leaves is good for Nurſes Breaſts that abound with milk, allayeth ſwellings, Inflammations, Puſhes, Pimples, and St. Anthonies *fire, and is good to waſh filthy Sores, being uſed with Vinegar.*

Sun-flowers, i. e. *Elecampane.*

Tobacco, Engliſh and Indian. Nicotiana.

Deſcription. ENgliſh Tobacco riſeth up with a thick round ſtalk, about two foot high, whereon grow thick fat green leaves, not ſo large as the Indian, round pointed, and not dented about the edges; at the tops ſtand divers flowers in green husks, ſcarce ſtanding above the brims of the husk, round pointed alſo, and of a greeniſh yellow colour: its ſeed is not very bright, but large, contained in great heads. The roots periſh every Winter, but riſe generally of its own ſowing.

Names.] It is called in Latine *Petum*, and *Nicotiana.*

Place and Time.] Engliſh tobacco groweth much about *Winſcomb* in *Gloceſterſhire*, as delighting in a fruitful ſoil; the other which we ſmoke groweth beſt in *Virginia*, and is thence carried to ſome parts of *Spain*, and there made up and then brought to us, and named Spaniſh Tobacco; under which Title the Taverns and Ale-drapers cheat the Smokers, who buy it greedily at three Pipes for two pence, as a great bargain, when it doth not ſtand the ſeller in a half-penny.

Nature and Vertues.] *Tobacco is hot and dry in the ſecond degree; it cleanſeth and diſcuſſeth, and hath alſo a ſtupifying quality, and a power to reſiſt poiſon.*

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Engliſh Tobacco is good to expectorate tough Phlegm, the juyce made into a ſyrrup, or the diſtilled water drunk with Sugar, or the ſmoke taken faſting in a Pipe: it eaſeth gripings in the Bowels, pains in the Head, and expells Worms, and is profitable to provoke Urine, and expel the Stone and Gravel out of the Kidneys, to expel windineſs, which cauſes ſtrangling of the Mother: the ſeed is good to eaſe the Tooth-ache, and the aſhes of the Herb cleanſeth the Gums and Teeth, and makes them white: the bruiſed herb is profitably applyed to ſwellings of the Kings Evil: four or five ounces of the juyce taken faſting, purges the body upwards and downwards, and is effectual for the Dropſie. The diſtilled water taken with Sugar before the fit of an Ague leſſens the fit. The diſtilled faces of the Herb having been bruiſed before the diſtillation, and not diſtilled dry, but ſet fourteen dayes in hot dung, and then hung up in a bag in a Wine Cellar, there will drop a liquor therefrom good for Cramps, Aches, the Gout, and Sciatica, and to heal Itches, Scabs, Cankers, and foul Sores: The juyce is good to kill lice in Childrens Heads. The green herb bruiſed and applyed is good to cure any freſh wound; and the juyce put into old Sores, cleanſeth and healeth them. There is an excellent Salve made of Tobacco, good for Impoſthumes, hard Tumors, ſwellings by blows and falls, old and new Sores, and is to be had at the Apothecaries by the name of Unguentum Nicotianum, *or oynment of Tobacco.*

Tamarinds. Tamarindus.

THis Tree groweth in *Arabia*, and the Indies, and the fruit is brought hither for Medicine, whoſe vertues follow.

Nature and Vertues.] *Tamarinds are cold and dry in the ſecond degree, or in the beginning of the third, a plant of* Venus: *The pulp of Tamarinds open obſtructions of the Liver and Spleen, and taken with Borrage water, it quickens*

the ſpirits, and mitigates the fits of Frenzy and madneſs; it is good in acute Fevers, it purgeth Choller and aduſt humors, ſtayeth vomiting, and cools inflammations of the Liver, Stomach, and Reins, and helps the running of the Reins; it is good againſt the Scab, Itch, and Leproſie, and ſalt humors breaking out in the skin; it is good in hot burning Agues, it quencheth thirſt, and procures appetite, an ounce thereof being diſſolved in fair water and taken with a little Sugar; it ſtayes bleedings at noſe ariſing from Choller, and womens Fluxes, and is good againſt the yellow Jaundies.

Tamarisk. Tamarix.

IT is well known in Gardens where it onely grows, in *England*, ſo that a deſcription is needleſs.

Names.] *Myrica, Tamarix*, and *Tamariſcus* are the Latine names; the Greeks call it μυρίκη, *i.e. infinitus*, from its abundance of leaves.

Place and Time.] It groweth about *Mompelier* and *Narbone* in *France*, and is planted in Gardens with us: they flower about the end of *May*, or in *June*, and the ſeed is ripe and blown away in *September*.

Nature and Vertues.] *Tamariſk is drying and aſtringent, having alſo a cutting and cleanſing quality, a Saturnine Plant. The leaves or roots boiled in Wine drives forth Melancholly, helps ſpitting of blood, and ſtayes the overflowing of the Terms, the bleeding of the Hemorrhoides, and other Fluxes, and is good againſt the Jaundies, and other diſeaſes which are cauſed by obſtructions. The roots ſodden with Wine and drunk, cleanſeth the milt, and thereby it helps the Lepry: the decoction of the root or young branches in Wine or Vinegar drunk, and outwardly applyed, helps hardneſs of the Spleen. The decoction of the bark and leaves in Wine, helps the Tooth-ache, the mouth and Teeth being gargled therewith; it alſo helpeth redneſs and watring of the Eyes, and eaſeth pains of the ears being*

being dropped therein, and is good to waſh thoſe that are ſubject to Lice and Nits, and is good to ſtay gangrous and fretting Ulcers, being mixed with honey: it is good for ſpleenatick perſons to drink out of Cups or Cans made of the Wood thereof. A good quantity of the leaves boiled in water is a good bath for women to ſit over whoſe Matrix is in danger of coming down, it faſtneth the ſame: and the aſhes of the Wood applyed to the place ſtops the exceſſive flowing thereof. A Lye made of the Aſhes is good for many of the ſaid Diſeaſes, and to help bliſters raiſed by burning or ſcalding. The Egyptians uſe the Wood hereof to cure the French Diſeaſe, Leproſie, Scabs, Puſhes, Ulcers, and the like; it is likewiſe good to help the Dropſie proceeding from hardneſs or ſtopping of the Spleen, and is available againſt Melancholly and the black Jaundies, the Bark with the Barks of Aſh and Ivy being infuſed in Beer or Ale; ſome uſe Ling, or Heath (where Tamarisk is not to be had) inſtead thereof.

Garden Tanſie. Tanacetum.

THis needs no deſcription.

Names.] It is called both in Greek and Latine *Athanaſia*, and alſo in Latine *Tanacetum*; the French call it *Tanaiſie*, and our Engliſh Tanſie.

Place and Time.] It is nouriſhed in Gardens, ſendeth forth green leaves in *March* and *April*, and flowers in *June* and *July*.

Nature and Vertues.] *It is ſaid to be hot in the ſecond degree and dry in the third, attributed to the particular influence of* Venus: *The decoction of Tanſie, or the juyce thereof drunk in Wine or Beer, doth diſſolve and expell Winde in the Stomach or Bowels: The eating of it in Spring-time purgeth the Body of moiſt and phlegmatick humors, ingendred in the foregoing Winter, and by eating Fiſh in Lent, before it became ſuperſtition to our gluttonous Religion-pretenders, whoſe*

luſtful guts cannot forbear the Fleſh-pots on Frydayes: the decoction before mentioned provokes Urine, helps the Strangury, expells Winde out of the Matrix, and procures womens Courſes, and is good for thoſe that have weak Reins and Kidneys; it is profitable for ſuch women as are apt to miſcarry, being bruiſed and often ſmelled unto, and applyed to the lower part of the Belly; it is uſed againſt the Stone in the Reins, eſpecially to men: being boiled in Oyl it is good againſt the Cramp, and ſhrinking of Sinews, if applyed to the affected part; it avoideth Phlegm, dryeth the Sinews, and therefore is good for the Palſie.

Wilde Tanſie, or Silver Weed. Argentina.

Deſcription. IT is much like unto the ordinary Garden Tanſie, a little alſo reſembling the leaves of Agrimony: it creeps upon the ground taking root at the joynts, ſo that it will quickly ſpread a great deal of ground: the leaves are of a fair green colour on the upper ſide, and a ſilver colour underneath; it beareth no ſtalks, but the flowers ſtand ſingly upon a ſhort foot ſtalk, which are yellow, much like thoſe of Cinque-foil.

Names.] It is called in Latine *Argentina*, *Agrimonia ſylveſtris*, and *Tanacetum ſylveſtre*; in Engliſh Wilde Tanſie, and Silver weed.

Place and Time.] It groweth in moiſt grounds, near High Wayes ſides, at the foot of Hills, and ſuch like places: it flowers in *June* and *July*.

Nature and Vertues.] *Wilde Tanſie, eſpecially the root, is dry near the third degree, without much manifeſt heat, having alſo an aſtringent quality, and ſaid to be a Plant of* Venus: *The decoction of the herb in Wine being drunk, eaſeth pains of the Bowels, and is good for the Sciatica and Joynt Aches: The bruiſed herb applyed to the hand-wriſts, and ſoles of the feet, cooleth the violent hot fits of Agues. The diſtilled*

ſtilled water dropped into the Eyes, or a Cloth wet therein, and applyed, takes away heat and Inflammations thereof: The ſaid water or the leaves ſteeped in Wine, Butter milk, or ſtrong white Wine Vinegar, cleanſeth the skin and face from Morphew, Sun-burning, Freckles, Pimples, and the like. Wilde Tanſie boiled in Vinegar with Honey and Allome, and the mouth gargled therewith, eaſeth the Tooth-ache, faſtneth looſe Teeth, helpeth ſore Gums, and reduceth the pallat of the Mouth to its place when it is fallen down; it alſo cleanſeth and healeth Ulcers in the mouth, or ſecret parts, and is good for inward Wounds, and to cloſe the lips of green Wounds, and to heal old running corrupt ſores in the Legs, or elſewhere: being boiled in Wine and drunk, it ſtops the Lask, bloody Flux, and all other fluxes of Blood; the green herb onely worn in the ſhooes, ſtops the Terms, and its poſſible the Whites; but the powder of the herb will certainly do it, being taken in ſome of the diſtilled water, with a little Corral and Ivory in powder added to it; it alſo ſtayes ſpitting or vomiting of Blood, and is good for Children that are burſten, or have a Rupture, being boiled in water and ſalt, and applyed.

Tarragon. Draco Herba.

Deſcription. THe Sallet Herb called Tarragon, ſhooteth forth long and narrow leaves, of a deep green colour, greater and longer then thoſe of common Hyſop, having ſlender, brittle, round ſtalks about two foot high; about the branches hang little round flowers, which do never perfectly open; they are of a blackiſh yellow colour, like thoſe of common Wormwood, and yields no ſeed, but a chaffy matter which is carried away with the winde, but is propagated by the root, which is long and fibrous, creeping under the ground like unto Couch-graſs, ſhooting forth in divers places, by which it increaſeth.

Names

Names.] The Latines call it *Draco herba*, and *Dracunculus Hortenſis*; and in French *Dragon*: in Engliſh Tarragon.

Place, and Time.] It is cheriſhed onely in Gardens with us, and as I ſaid is increaſed by the young ſhoots.

Nature and Vertues.] * *Tarragon is hot and dry in the third degree, a good Sallet Herb to be eaten with Lettice, Purſlain, and other cool herbs, it is grateful and comfortable to the Stomach, and tempers their coldneſs; but to be eaten alone it is too hot: The root held between the Teeth draweth down Rheume, and eaſeth the Tooth-ache.*

Thiſtles. Carduus.

THough there be many kindes they are all well known.

Names.] The general Latine name of a Thiſtle is *Carduus.*

Place and Time.] They grow frequently almoſt every where, and flower in *July* and *Auguſt*, the ſeed ripening ſoon after.

Nature and Vertues.] *Common Thiſtles are of Temperature hot, and of a drying quality.*

They are held good to provoke Urine, and remedy the ſtinking ſmell thereof, and the rank ſmell of the Arme-pits, and whole body, being boiled in Wine and drunk; and they are ſaid to be good to help a ſtinking Breath, and to ſtrengthen the Stomach, though I believe it hath been ſeldom proved: The juyce reſtores loſt hair, the place being bathed therewith, as Pliny *reporteth.*

Our Ladies Thiſtle. Carduus Mariæ.

Deſcription. LAdies Thiſtle hath divers large leaves lying on the ground, cut in and crumpled, ſomewhat hairy on the edges, of a white green ſhining colour, having many ſtreaks of a milky colour, and ſet with

with ſharp prickles round about: the ſtalk is ſtrong, round, and prickly, ſet full of like leaves; at the top of every branch cometh forth a prickly head with brigh purple thrums in the middle; after which comes flattiſh brown ſhining ſeed lying in the ſaid heads in ſoft white Doun. The root is great, ſpreading in the ground with many fibres faſtned thereunto: the whole plant is bitter in taſte.

Names.] It is called in Latine *Carduus Lacteus*, and *Carduus Mariæ*, in Engliſh, Striped milky Thiſtle, and Ladies Thiſtle.

Place and Time.] It is frequent upon the Banks of the Fields about *London*; about ſuch places it delights to grow: they flower and ſeed in *June* till *Auguſt*, as other Thiſtles do.

Nature and Vertues.] *Our Ladies Thiſtle is hot and dry in the ſecond degree, and ſomewhat binding, eſpecially the root; an herb of* Jupiter: *the decoction thereof, or the herb taken in powder, is good for Stitches, and other diſeaſes in the Sider, for Agues, and to prevent infection; it opens obſtructions of the Liver and Spleen, and is good againſt the Jaundies; The tender leaves having the prickles taken off, are a good Sallet in Spring to cleanſe the Blood: the young ſtalks dreſſed are alſo good meat, eſpecially for Nurſes to increaſe their Milk: the root is good for the Lask and bloody Flux; it ſtayeth Bleedings, waſteth away cold ſwellings, and eaſeth pain of the Teeth, if they be waſhed with the decoction thereof. The decoction of the herb is good to provoke Urine, and breaketh and expelleth the Stone, and is good for the Dropſie. The ſeed is as effectual, if not better for the ſame purpoſes, and alſo for the Cramp, and ſo is the diſtilled water, which is alſo uſed inwardly to drink, and outwardly to cool diſtempers of the Liver, Swoonings, and paſſions of the Heart, being applyed with Spunges or wet cloathes to the region thereof.*

Tho-

Thorow-wax. Perfoliata.

Deſcription. THorow-wax riſeth up with one ſtreight round ſtalk, about half a yard high or more, having leaves of a blueiſh green colour, the lower leaves being ſmaller and narrower then thoſe that grow higher, ſtanding cloſe thereto, but not quite compaſſing it, but as they grow higher, they do more and more encompaſs the ſtalk, until they cloſe ſo together, that it paſſeth almoſt through the middle of them, branching towards the top into many parts, where the leaves grow ſmaller again, ſanding every one ſingly: The flowers are very ſmall and yellow, ſtanding in tufts at the tops of the branches; the ſeed is ſmall and blackiſh, many of them thruſt together: The Root is ſmall, long, and woody, periſhing every year after it hath perfected its ſeed; and the ſeed which it ſheds riſeth again the next year.

Names.] It is called in Latine *Perfoliata*; in Engliſh Thorow-wax, and Thorow-leaf.

Place and Time.] It groweth in Corn fields and Paſtures in many places of this Land, flowers about *July*, and the ſeed is ripe in *Auguſt*, or ſoon after.

Nature and Vertues.] *Thorow-wax is hot and dry, ſomewhat bitter and aſtringent, and I judge rather Martial then Saturnine: It is a good remedy againſt Ruptures and Burſtings in Children, eſpecially before it grow too old; the decoction of the Herb, or the herb in powder taken inwardly, and the green leaves bruiſed and outwardly applyed: It is a good remedy for Children that have their Navels ſticking out, being applyed thereunto with a little Honey and Wax; it draweth up the Bowels, and keepeth them in their natural place, and helpeth them when they are too much windy or ſwoln: It is good for Bruiſes and Wounds, old Sores and Ulcers either inward or outward. The decoction of the Herb in Wine*

Wine or Water being drunk, and the places waſhed therewith, or an Oyntment may be made of the Herb with Oyl or Hogsgreaſe to keep all the year for the ſame purpoſes: But an excellent Salve may be made of the green Herb with Wax, Oyl, Rozen, and Turpentine, to incarnate and bring up fleſh in deep Wounds, and to heal old Sores. The Herb and the diſtilled Water thereof is good againſt St. Anthonies *fire, and the Shingles.*

Teaſel, or Fullers Thiſtle. Carduus Fullonum.

THe Garden or mannured Teaſel, being planted by Cloath-workers for their uſe, and the wilde Teaſel are both ſo common, they need no deſcription.

Names.] It is called in Latine *Carduus Fullonum*, Fullers Thiſtle, and *Pecten Veneris*, *Dipſacus Silveſtris*, and *Virga Paſtoris*, Shepherds Rod is a *Species* thereof.

Place and Time.] The Cloathworkers (as I ſaid before) mannure one kinde for their uſe, the other is to be found by moſt High-wayes, Banks and Ditches ſides: They flower in *June* and *July*, and the ſeed is ripe in *Auguſt*. It periſheth annually, and riſeth again of its own ſowing.

Nature and Vertues.] *Teaſel is drying in the ſecond degree, according to* Gallen, *having alſo a cleanſing faculty, and reputed to be ſubject to the influence of* Venus. *The roots being bruiſed in wine till they come to the Conſiſtence of a Salve, and then kept in a brazen or copper box, and afterwards applyed plaiſterwiſe to the Fundament, heals Chops, Cankers, and Fiſtula's thereof, (ſaith* Dioſcorides) *and takes away Warts and Wens; ſo alſo is the Water ſaid to do which is contained in the hollowneſs of the leaves; and is alſo commended againſt redneſs of the eyes, and ſpots of the face:*

The

The juyce dropped into the ears, killeth worms in them; the leaves applyed to the Forehead and Temples, qualifieth frenzie fits: The diſtilled water takes away redneſs of the eyes, and ſuch miſts as darken the ſight, and helps creeping Sores Shingles, and Pimples, preſerves Beauty, taking away redneſs, inflammations, and other diſcolourings; and is alſo ſaid to be effectual to cure the Scurvy: The roots ſtamped with Danewort, and boiled in wine and drunk helpeth the Dropſie; and being boiled in red wine, and drunk morning and evening for nine dayes together, it helpeth the Gout: The powder thereof drunk in wine ſtops fluxes, and helps excoriations of the belly and other parts: The ſame powder the quantity of two drams at a time drunk in Peaſe broth, ſtops the overflowing of Womens Courſes; and ſo doth the Herb being bruiſed and boiled in Vinegar, and applyed under the Navel, and helps moiſt Wounds that are hard to heal, and Cankers of the Yard.

☞ See further in *Adam in Eden:* written by *Will. Coles.*

Three-leaved Graſs, or Trefoil. Trifolium.

Deſcription. THere is near twenty kindes of this Plant, as Meadow Trefoil, Heart Trefoil, Pearle Trefoil, white and red Honey-ſuckles, or three-leaved graſs, *cum multis aliis, &c.* Meadow Trefoil ſhooteth up ſtalks a handful long or more, round and ſomewhat hairy, and for the moſt part leaning towards the ground, having thereon three leaves joyned together, one ſtanding a little from another, having for the moſt part in the midſt a white ſpot like a half moon, amongſt which riſe up ſtalks of flowers ſomewhat longer then the leaves, bearing a tuft of many deep purple crimſon flowers, which turneth into little cods with ſmall ſeed in them: The Root ſpreadeth much, and endureth long.

Names.

Names.] *Trifolium* it is called in Latine, and of ſome *Menyanthe* and *Aſphaltion*; in Engliſh Trefoil, three-leaved Graſs, and Honey-ſuckles.

Place and Time.] They are common in moſt Meadows and Paſtures, they flower and flouriſh from *May* till *Auguſt*.

Nature and Vertues.] *Both Leaves and Flowers of Meadow Trefoil are cooling and binding, of which temperature the other kindes do in ſome ſort partake; they are under the influence of* Venus: *The decoction of the whole Plant of Meadow Trefoil is good to ſtay the Whites and overflowing of Womens Courſes, and having ſome Honey added thereto, and uſed for a Gliſter, it helps gripings and frettings of the Guts: A Pultiſs made of the leaves with Barrows-greaſe, helps hot Swellings and Inflammations. The juyce eſpecially of the Pearl Trefoil mixed with a little Honey and applyed, is good to take away the pin and web of the eyes, and to eaſe pains and inflammations of them: An Oyntment made of the herb with Hogs-greaſe is good for the biting of an Adder; and the decoction of the Herb to waſh the place, and the juyce to drink: The Herb bruiſed and heated between two tyles, and applyed to the ſhare, helps ſtopping of water; and is likewiſe good for wounds and ſcars: The ſeed is good to cleanſe the Liver, and for Coughs and pains of the Breaſt. The Heart Trefoil is a great ſtrengthner of the heart and vital ſpirits, helps ſwoundings, and reſiſts the Peſtilence, and defends the heart againſt the noiſome vapours of the Spleen: The leaves of it do perfectly reſemble the heart of a man, and are of a fleſh colour like the heart.*

Garden Tyme, and wilde Tyme, or Mother of Tyme. Thymus.

THeſe Plants both mannured and wilde are commonly known, being like one another.

Names.

Names.] *Thymus* and *Thymum* is both Greek and Latine Names for both, yet the Mother of Tyme is called in Latine *Serpillum, à ſerpendo,* becauſe of its creeping upon the ground.

Place and Time.] One is nouriſhed in Gardens, the other found in dry Paſtures, almoſt on every Hillock; they flower about *July.*

Nature and Vertues.] *Tyme is hot and dry in the third degree, working the ſame effects as Savory in womens diſeaſes, and therefore is particularly aſcribed to* Venus, *which in part it may: The decoction thereof in water and honey provokes the Tearms, helps hard labour, and expells the Secondine and dead Childe; it ſtrengtheneth the Lungs, helps the Cough and ſhortneſs of Breath, provokes Urine, diſſolves congealed Blood, and killeth Worms: An Electuary made thereof with honey, expectorates tough phlegm, quickens the ſight, warms and comforts the ſtomach, and ſo doth the herb uſed in broths: It is good againſt the Chollick, Illiack Paſſion, Melancholly and ſtoppings of the Matrix; four drams of Tyme in powder taken faſting in ſyrrup of Vinegar purgeth Choller and ſharp humours, and eaſeth the Gout: And one dram taken faſting in Mead diſſolves hard ſwellings of the Belly, and is profitable for pains in the Loins and Hips, and ſwellings in the Sides: The decoction diſſolves Tumours and Swellings, they being bathed therewith: The juyce uſed with vinegar takes away Warts, and being applyed with wine and meal, it helps the Sciatica and ſwollen Cods. Bathes made thereof are good to expell Winde, and help the Joynt-Gout; the wilde Tyme is more powerful then the other for moſt of the ſaid purpoſes, eſpecially to provoke the Tearms, being decocted in wine and drunk: It eaſeth the Strangury, ſtayes the Hiccough, and vomiting of Blood, helps gripings in the belly, Cramps, the Lethargy, and Inflammations of the Liver, and is comfortable to the head, ſtomach, and Reins, and helps to expell*

Winde

Winde being taken in decoction, or in an Electuary with Honey, Liquorice, and Anniſeeds.

Tormentil. Tormentilla.

Deſcription. IT ſpringeth up with many reddiſh, ſlender, weak branches from the root, leaning or lying on the ground, having many ſhort leaves that ſtand cloſer to the ſtalks as Cinquefoil doth, with the foot-ſtalks encompaſſing the branches in ſeveral places; they which grow next the ground are ſet upon longer foot-ſtalks much like Cinquefoil leaves, but longer and leſſer, dented about the edges, having five, ſix, or ſeven diviſions and ſometimes eight; at the tops of the branches ſtand yellow flowers, conſiſting of five leaves like Cinquefoil, but ſmaller: The Root is ſmaller then Biſtort, ſomewhat tuberous, thick, and knobby, blackiſh without and reddiſh within, ſometimes a little crooked, having many blackiſh fibres.

Names.] It is called in Latine *Tormentilla*, becauſe it eaſeth torments of the Guts, and *Heptaphyllum* or *Septifolium*, and *Stellaria*; in Engliſh Tormentil, Setfoil, or Seven-leaves.

Place and time.] Tormentil groweth in Woods and ſhadowy places, and alſo in Paſtures and Cloſes; as in *Pray Wood* near St. *Albans*, in *Cobham Park* in *Kent*, and in the Fields and Common near *Horſham* in *Suſſex*, and many other places.

Nature and Vertues.] *Tormentil roots are dry in the third degree, not very hot, but of a binding quality, under the Solar Influence: It is effectual to ſtay all fluxes of blood or humors in man or woman, either in wound or elſewhere; it reſiſts poiſon, provokes ſweat, and is good to cure wounds: It is good in the Peſtilence, Small Pox, ſpotted Fevers, and other contagious Diſeaſes, eſpecially if the Patient have a flux of*

the belly withal. It is a ſpecial Ingredient in Antidotes and Counterpoiſons, and excellent in Dyet-drinks againſt the French Diſeaſe, and to dry up Rheums and Catarrhes: The diſtilled Water taken faſting is good againſt Venome and Infection: Two or three ounces thereof taken both morning and evening, cures inward Ulcers and Fluxes of the belly, eſpecially the Diſentery or bloody Flux. The beſt way to diſtill it, is to ſteep the herb all night in wine, and then diſtilled it in Balneo Mariæ, which water taken with ſome Venice Treacle, and the party ſweating after it, will expell any venomous poiſon, the Plague, and other contagious Diſeaſes: Cakes made with the powder of the dryed root, and the white of an Egg, and baked upon a hot tyle, ſtayes Fluxes, reſtrains Chollerick Belchings, Vomiting, and loathings in the Stomach: The leaves and roots bruiſed and applyed, diſſolves knots and kernels of the Kings Evil, and hardneſs about the Ears, Throat, and Jaws, and eaſeth pains of the Sciatica: The juyce of the leaves and roots uſed with vinegar, is effectual for the Piles and Hemorrhoids, Sores of the head or other parts, Scabs or Itch, being waſhed therewith, or with the diſtilled Water of the herb or roots. A little prepared Tutia or white Amber uſed with the diſtilled water hereof, is helpful to dry up ſharp Rheums that diſtill from the Head into the Eyes, cauſing redneſs, pain, waterings, or itchings therein.

Turnſole. Heliotropium.

ITs natural Soil is in *Italy*, *Spain*, and *France*, yet may be found in *England* in ſome curious Gardens, but more plentifully at the Druggiſts ſhops.

Names.] It is called *Heliotropium* in Latine, and *herba Cancri*, becauſe it flowers about the time when the Sun enters *Cancer*.

Nature and Vertues.] *It is of temperature hot and dry, and of a binding faculty, a Solar Herb: A handful thereof boiled*

boiled in water and drunk, purgeth Choller and Phlegm, as ſaith Dioſcorides; *and the decoction thereof with Commin, breaks the Stone in the Reins, Kidneys, or Bladder, provokes Urine and the Tearms, and cauſeth ſpeedy delivery in Childebearing: The ſeed and juyce of the leaves rubbed with ſalt upon Warts, Wens, and other hard kernels in the face, eyelids, or other parts of the body, will take them away by often uſing it: The bruiſed leaves eaſeth pains of the Gout, or places that have been out of joynt, and are newly ſet, and are full of pain, being applied thereto.*

Turpentine. Terebinthina.

Deſcription and Names. THere is a Turpentine which drops out of the Fir Tree; but this I ſpeak of is a liquid ſubſtance, iſſuing from the Larch Tree, called in Latine *Larix*; from whence alſo proceeds a tuberous excreſcence called *Agaricus*, or Agarick, of which we have treated of: The Turpentine in Latine is *Terebinthina*,

Place and Time.] It grows about *Trent* in *Italy*; and the Turpentine is to be gathered in the hotteſt part of Summer.

Nature and Vertues.] *Turpentine is moiſt, and without ſharpneſs, of a cleanſing quality; an ounce thereof taken will gently open the Belly, provoke Urine, and cleanſeth the Reins, Kidneys, and Bladder; being taken with Honey it expectorates tough Phlegm, and is good for an old Cough, the Ptiſick, and Conſumption of the Lungs; it is an excellent ingredient in Salves for Ulcers, or green Wounds: The chymical oyl of Turpentine is ſingular good in Wounds, and to warm and eaſe cold pains in the Joynts and Sinews: take Turpentine and waſh it in Plantain Water, and then make Pills thereof with the powder of white Amber, red Corral, Maſtick, and a little Camphire, they will purge and cleanſe the Reins, and ſtay their running.*

Turmerick. Curcuma.

THis Plant groweth in the East Indies, and is called by ſome *Crocus Indicus*, but the common Latine Name is *Curcuma.*

Nature and Vertues.] *Turmerick is hot and dry in the ſecond or near the third degree; it is excellent for the yellow Jaundies, and obſtructions of the Gall, and for the Dropſie, and Greeen Sickneſs, to open ſtoppings of the Stomach, Womb, and Bladder, and to bring down Womens Courſes; it is uſeful in old Diſeaſes, and the ill habit of the body; it is good likewiſe in Medicines for the Itch, and Scabs, uſed with juyce of Oranges. The Indians uſe it to colour meats and broths inſtead of Saffron, and we to colour Wooden Diſhes, and Cups.*

Turnips. Rapum.

THeſe need no deſcription; they are called in Latine *Rapum*, and *Rapa.*

Nature and Vertues.] *Turnips are cold, moiſt, and windy, but being boiled, they are hardly perceived to cool: The decoction of Turnips taken with Sugar, is good to clear the Voice. A ſyrrup made of the juyce when they are baked, mixed with Honey, or honey of Roſes, and a ſpoonful thereof taken at night, helpeth a Cough, and Hoarſeneſs, opens the Breaſt, and is good for thoſe that have a Vein broken. Oyl of Roſes boiled in a hollow Turnip, under hot Embers, cures kibed Heels. The young Turnip tops boiled and eaten, are a good Sallet to provoke Urine. The ſeed mixed with Treacle and drunk, is good againſt poiſon. Turnips being baked ingender leſs winde then when they are boiled; but howſoever dreſſed they provoke Urine, increaſe ſeed, and milk in Womens Breaſt.*

☞ See further in *The Art of Simpling:* written by *W. Coles.*

Tut-

Tutſan, or Park leaves. Siciliana.

Deſcription. TUtſan groweth up with browniſh, ſhining, round ſtalks, creſted, hard, and woody, about two foot high, branching out from the bottom, having divers joynts, and two fair large leaves at every joynt, of a dark blueiſh green colour on the upper ſide, and yellowiſh underneath, turning reddiſh toward the Autumne, and abiding on the branches all the Winter; at the tops whereof ſtand large yellow flowers, after which come heads of ſeed, at firſt greeniſh, then reddiſh, and laſt of a darkiſh purple colour, wherein are contained a ſmall browniſh ſeed, and alſo a reddiſh juyce, like unto blood, of a reaſonable ſcent, and a harſh ſtiptick taſte, like as the leaves and flowers are, though in a lower degree. The root is browniſh, great, hard, and woody, ſpreading in the ground, and continueth a long time.

Names.] The Latines call it *Androſæmum*, and ſome call it *Dionyſia*, and *Siciliana*; in Engliſh it is called Park-leaves, becauſe it familiarly grows in Woods and Parks; and Tutſan from the French word *Toutſaine*, it being a good Wound Herb.

Place and Time.] It delights to grow in Woods, and woody Grounds, Parks, and Forreſts; flowers in *July* and *Auguſt*, and the berries are ripe in *September*.

Nature and Vertues.] *Tutſan is moderately hot and dry, yet abſterſive, a Saturnine Plant: The leaves and flowers of Tutſan abate luſt, and venerial motions, being taken in drink, or otherwiſe, and the ſeeds more powerfully being toaſted, and then eat or drunk. Caſtory boiled in the juyce of Tutſan and drunk, helps the Gonorrhea. The Green herb bruiſed and applyed, helps burnings by fire, and the ſame, or the powder of the dry herb, ſtayes bleeding of Wounds; it is a ſovereign Wound herb, for any Wound either inwardly or outwardly; it*

may be uſed in drinks, lotions, balms, or ointments, for any green Wound, or old Sores, or Ulcers. Two drams of the ſeed in powder taken in the morning, or after-ſupper, in Mead, Wine, or fair water, purgeth chollerick Humors, and helpeth the Sciatica, or Hip-Gout.

Throat-wort. Trachelium.

Deſcription. THroat-wort groweth with many large hairy leaves, ſomewhat rough, a little dented about the edges, and of an overworn green colour; the ſtalk is alſo hairy, about half a yard high, whereon ſtand leaves from the bottom almoſt to the top, after the faſhion of Nettles: towards the top on a ſhort foot ſtalk, come forth hollow flowers, bell faſhion, of a blueiſh purple colour, and hairy within: the root is white, thick, and endureth long.

Names.] The Latines call it *Trachelium*, *Cervicaria*, and *Uvularia*; ſome likewiſe call them *Campanula*, the flowers being like Bells; in Engliſh Throat-wort, Canterbury-bells, and Haskwort.

Place and Time.] It groweth in *Stow Wood* by *Oxford*, and doubtleſs in many other places in *England*, though *Germany* and *Italy* be their more natural places: they flower in *June* and *July*, ſcarce perfecting their ſeed, but increaſe by the root.

Nature and Vertues.] *This Plant is cold and dry, and ſo are moſt Bell Flowers; the roots are ſweet, and therefore eaten in Sallets as Rampions are: they have an aſtringent quality, and are effectual for all Ulcers in the Mouth and Throat, and alſo for the Uvula, or Pallat of the Mouth, being ſwollen, or fallen down, and alſo for all Sores in the privy parts of man or woman, or elſewhere, to be uſed in a decoction with Honey, Wine, and Allome; and likewiſe to cloſe up the lips of Cuts and green Wounds.*

Vale-

Valerian. Phu majus.

Deſcription. VAlerian hath a thick ſhort grayiſh root, lying for the moſt part above ground, ſhooting out ſuch like roots on all ſides, having long ſtrings or fibres under them in the ground, which nouriſh them; from theſe roots ſpring up many green leaves, which at firſt are ſomewhat broad and long, without any dent or diviſion in them; but thoſe that come after are more and more divided on each ſide, ſome to the middle rib being winged as made of many leaves together on a ſtalk, and thoſe upon the ſtalk are more divided, but ſmaller towards the top then below, the ſtalk riſeth to be two or three foot high, ſometimes branched at the top, with many ſmall whitiſh flowers, ſometimes daſhed over at the edges, with a pale purpliſh colour, of a ſmall ſcent; after which followeth ſmall browniſh white ſeed, which is carried away with the winde: the root ſmelleth more ſtrong then either leaf or flower, and is of more uſe in Phyſick.

Names.] The ordinary ſort is called *Phu majus*, and *Valeriana major hortenſis*, and of ſome *Herba Benedicta*, and *Theriacaria*, it being an ingredient in Treacle.

Place and Time.] It is nouriſhed and kept in our Gardens: it flowers in *June* and *July*, and ſo continueth till the Froſts deſtroy it.

Nature and Vertues.] *Valerian hath little heat while it is green, but the dryed roots are hot and dry near unto the ſecond degree; it is a Mercurial plant: The Garden Valerian is uſed in Antidotes; and being dryed and taken in driuk, it helps pains in the Sides, provokes Urine, helps the Strangury, procures womens Terms, helps chokings or ſtranglings in anypart, cauſed by pains in the Cheſt or Sides, and the decoction thereof doth the ſame: the root taken in wine is good againſt venomous bitings, the Plague, and expelleth Winde. The decoction of the root with Liquorice,*

Raiſins and Anniſeeds, helps ſuch as are ſhort winded, and have the Cough, opens the Breaſt, and expectorates Phlegm. The green Herb is excellent to heal any inward Sore or Wound, and to draw any Thorn or Splinter out of the Fleſh. The green herb and root bruiſed, taketh away pains and prickings of the Head being applyed thereunto, and ſtayeth rheumes and diſtillations; and being boiled in white Wine, and a drop thereof put into the Eye, takes away any Pin, Haw, or Web therein, and helps dimneſs of the Sight. The decoction thereof in Wine is profitable to aſſwage ſwelling of the Cods cauſed of cold or Winde. The diſtilled water of the Herb and root made in May is ſingular good for all the aforeſaid purpoſes, and is good in time of the Plague; it killeth Worms in the Belly, and is good to waſh green Wounds, or old Ulcers. The decoction of the leaves is good to gargle a ſore mouth or Gums.

Vervain. Verbena.

Deſcription. COmmon Vervain hath divers leaves towards the bottom, of a middle ſize, deeply gaſhed at the bottom, and the other part deeply dented about the edges, and ſome onely dented and cut all alike, ſomewhat like an Oak leaf, and of a dark green colour on the upper ſide, and grayiſh underneath: The ſtalk is ſquare, and branched into divers parts, and riſeth abour half a yard high, having a ſpike of flowers at the top, ſet on all ſides thereof one above another, and ſometimes two or three together, being ſmall, and gaping, of a whitiſh cólour, intermixt with ſome blue and purple: The ſeed being ſmall and round is contained in ſomewhat long heads. The root is ſmall and long, and of no uſe.

Names.] The Greeks call it ἱερὰ βοτάνη, that is *Herba Sacra*, becauſe they uſed it about their Sacrifices to *Jupiter*. The common Latine name is *Verbena*; it is called in Engliſh by ſome Holy Herb, *Juno's* Tears, and Pigeons Graſs,

Graſs, becauſe it is ſuppoſed Pigeons eat thereof to clear their ſight.

Place and Time.] It groweth plentifully throughout the Land, by hedges and wayes ſides; as in the way between *Graveſend* and *Rocheſter*: It flowers in *July* and *Auguſt*.

Nature and Vertues.] *Vervain is hot and dry, bitter and aſtringent; it opens obſtructions, cleanſeth and healeth, and is ſaid to be an Herb of* Venus, *becauſe it ſtrengthens the Womb, and helps cold griefs thereof: The diſtilled water cleanſeth and cleareth the ſight, and ſtrengtheneth the optick Nerves: the herb ſtamped and applyed with the white of an Egge, at night going to Bed, will cure a blood-ſhotten Eye. The decoction of the herb helps infirmities of the Reins and Lungs, the yellow Jaundies, Dropſie, Gout, and all inward pains of the body, and is good againſt Tertian and Quartain Agues, Worms in the Belly, the Plague, and biting of venomous Beaſts; it ſtrengthens the Liver and Spleen, and corrects Diſeaſes thereof, and alſo helps Diſeaſes of the Stomach, and Lungs, as Cough and ſhortneſs of Breath: and being drunk with ſome piony ſeeds bruiſed is good for the Dropſie; it is effectual to cleanſe the Reins and bladder of thoſe humors that ingender the Stone; it heals Wounds both inward and outward, and ſtayeth Bleedings; and being uſed with Honey, it heals old Ulcers and Fiſtula's, and Ulcers in the Mouth; and uſed with Hogs Greaſe, it helps ſwellings and pains in the ſecret parts; being applyed to the Temples with oyl of Roſes and Vinegar; it eaſeth pains in the head, and is good for thoſe that are Frantick: the bruiſed leaves mixed with Vinegar, takes away Morphew, Freckles, Fiſtula's, Inflammations, and other deformities of the skin, and ſo doth the diſtilled water, which is powerful in inward and outward Diſeaſes, green Wounds, and corroding Sores: It is ſaid to be uſed by Witches to do miſchief, and ſo may all other herbs if by wicked Aſtrologers uſed to accompliſh their wretched ends:*

But

But do not hereby think I count all Aſtrologers wicked, though too many are.

Velvet Flower, or Flower Gentle. Amaranthus, ſive Blitum majus.

Deſcription. FLower Gentle is a kinde of Blite, yet Blites is not a kinde of flower Gentle; this laſt being better known, and of more efficacy, and groweth up with a ſtalk about half a yard high, ſometimes higher ſtraked along towards the top, but towards the root very ſmooth, and reddiſh, being divided towards the top into many ſmall branches; about which ſtand the leaves which are long, broad, ſlippery, ſoft, and ſharp pointed, of a green colour tending to reddiſh; the flowers are long ſpiky tufts of hairs growing many together ſteeple faſhion, beautiful to look upon, but having no ſcent; yet being bruiſed, they yield a juyce almoſt of the ſame colour that the flower is of, which is red: The ſeed is ſmall, black and glittering, and lyeth ſcattered in the aforeſaid tufts. The root is ſhort and ſtringy, and dyeth every Winter.

Names.] The Greeks call it Ἀμάραντος, the Latines the ſame, becauſe the red Flowers thereof will endure a long time after they are gathered, without decaying; its alſo called *Flos Amoris*, from its beautiful aſpect, *Fleur Amor*, Flower Gentle, flower *Velure*, and Velvet flower from its ſoftneſs.

Places and Time.] It is a Garden flower altogether in *England*, having been extracted both from the Eaſtern and Weſtern Countreys, and flouriſheth in *Auguſt* and *September*.

Nature and Vertues.] *Flower Gentle is cold and dry, of a binding faculty, partaking of the friendly influence of* Venus,

nus, and ſtoppeth both the extraordinary Flux of the Tearms, and alſo of the Whites in women; the dryed flowers being beaten to powder and boiled in Wine, and Honey, and ſo drunk; and being ſo uſed it is effectual in all Fluxes of Blood, continual pain in the Belly, Scouring, ſpitting of Blood, and bleeding at the Noſe: the ſame flower boiled in Wine, and the decoction drunk, is profitable againſt venomous bitings, the Sciatica Ruptures, and the diſtilling of Urine: the Fundament being fomented with the ſame decoction eaſeth the pain of the Piles, reſtrains their bleedings, and ſtayeth the often going to Stool, the herb being applyed to the place. The herb being boiled and applyed helps any bruiſed place, and being dryed and laid amongſt clothes, keeps them from Moths and Worms. The root held in the Mouth, eaſeth pains of the Teeth; and being ſtamped and made into an Oyntment with May Butter, it aſſwageth all Inflammations. The white kinde called Blitum majus, or white great Blites, ſtoppeth the Whites in Women, and the running of the Reins in Men; which faculties it ſpeaks in its ſignature.

The Vine. Vitis.

OF Vines there are divers kindes, which have alſo divers properties: they are manured in England, and well known both for their pleaſant ſhade, and for their fruit; yet many kindes ſeldom bring their fruit to perfection here.

Names.] The Vine Tree is called in Latine *Vitis*, the ripe Grapes dryed in the Sun, *Uva paſſa*, and *Paſſula Solis*; in Engliſh Raiſins. The ripe juyce preſſed out is called *Vinum*, Wine.

Nature and Vertues.] *The Vine hath differing properties, as I ſaid before, which may be cauſed by the Clymate where they grow, ſome are cold, ſome hot, ſome ſweet, ſome ſowre, ſome moiſt, others dry: the tender ſtrings of the Vine*

and

and the leaves do cool and binde; ſowre Grapes be cold and moiſt, and ſweet Grapes hot and moiſt; Raiſins be hot in the firſt degree, and moiſt in the ſecond; being beaten with the ſtones they binde, but being ſtoned and eaten, they open the Breaſt and Liver, and looſen the Belly. Vines, eſpecially the ſweet ones are certainly under the Solar influence. A decoction made of Raiſins, with Liquorice, Maidenhair, and Coltsfoot, &c. helps Coughs, and hoarſeneſs of the Throat, opens the Liver, Spleen, and Bladder, and taken by themſelves they nouriſh much, concoct raw humors, and withſtand putrefaction; being mixed with Comminſeed in powder and oyl of white Lillies it aſſwages ſwellings of the Cods. White Wine being drunk before meat, preſerveth the body, and quickly pierceth into the Bladder; but being drunk upon a full Stomach, it cauſeth ſtoppings, and driveth down the meat undigeſted. Claret Wine doth nouriſh and warm the body, and is good for ſuch as are phlegmatick. Red Wine ſtoppeth the Belly, and corrupteth the Blood, and breeds the Stone; it is uſeful onely in Lasks, or the Bloody Flux. The juyce of the green leaves and tendrels of the Vine, or the tears called Vine Blood ſweetned with Sugar and drunk, is good for ſuch as vomit and ſpit Blood, for the bloody Flux, and Women with Childe that vomit much, and to ſtay their unnatural Longings. Sack, Muſcadine, and ſuch ſweet Wines do comfort a cold weak Stomach; but all wines taken immoderately, relaxeth the Sinews, cauſeth the Palſie, Fevers, and conſumes the Liver and inward parts.

Violets. Viola.

BOth the Garden kindes and wilde Violets are generally known.

Names.] *Viola* is the common Latine name for a Violet, and *Herba Violaria:* There is alſo a kinde called *Viola tricolor*, having three colours in the flower; which in Engliſh

is

is called Hartſeaſe, Panſies, and three faces under a hood. They begin to flower in *March*, and the beginning of *April*, and are then in prime: The Panſies flower till the end of *July*.

Nature and Vertues.] *Both Garden and wilde kindes while they are freſh and green are cold and moiſt, under the milde influence of* Venus: *the flowers are accounted one of the chief cordial Flowers, and are much uſed in cooling Cordials, and ſo is the ſyrrup; they are good to cool any heat, or diſtemper of the body, either inward or outward, as inflammations of the Eyes, falling down or pain of the Womb or Fundament, Impoſthumes, and hot Swellings: To drink the decoction of the leaves and flowers made in water and Wine, or to apply them pultiſwiſe to the grieved place; it alſo eaſeth pains of the Head, which are cauſed by want of ſleep: The powder of the flowers drunk with water, is ſaid to help the Quinzy, and Falling Sickneſs in Children, if taken in the beginning of the Diſeaſe. A dram of the dryed flowers taken in Wine, or other drink, doth purge the Body of chollerick humors, and aſſwageth heat. The flowers of the white Violets ripen and diſſolve ſwellings. The ſeed reſiſts poiſon of the Scorpion. The green or dry herb and flowers are effectual to abate the heat and ſharpneſs of Urine, and hot Rheumes, to eaſe pains of the Back, Reins, and Bladder, and to help the Pluriſie, and other diſeaſes of the Lungs, and hoarſeneſs of the Throat. The ſyrrup is good for the Liver and Jaundies, and in hot Agues to cool the heat, and quench thirſt; being taken in ſome convenient liquor, and a little juyce or ſyrrup of Lemons added to it, or a few drops of oyl of Vitriol put therein, it doth more powerfully cool the heat and quench thirſt: they are more cooling being made up with Sugar, and with Honey more cleanſing.*

☞ See further in *Adam in Eden*: written by *Will. Coles.*

Vipers

Vipers Bugloſs. Echium.

Deſcription. COmmon Vipers Bugloſs hath many long rough leaves lying upon the Ground, amongſt which riſe up divers round ſtalks, very rough, as if they were ſet with prickles or hairs, having many black ſpots on them like a Vipers skin, whereon are ſet ſuch long, rough, hairy, or prickly ſad green leaves, ſomewhat narrow, the middle rib for the moſt part being white: The flowers ſtand at the tops of the ſtalks branched forth into many ſpiked leaves of flowers bowing or turning like the Turnſole, all of them opening for the moſt part on the one ſide, which are long and hollow, turning up the brims a little, of a purpliſh violet colour in thoſe that are full blown, but more reddiſh while they are in the Bud, but in ſome places of a paler purple colour, with a long pointel in the middle, feathered or pointed at the top; after the flowers come blackiſh cornered and pointed ſeed, ſomewhat like the head of a Viper, incloſed in round heads: the root is ſomewhat great, blackiſh, and woody, and periſheth in Winter.

Names.] It is called by moſt Authours in Latine *Echium*, and of ſome *Bugloſſum ſylveſtre Viperinum.*

Place and Time.] It groweth wilde on Hills and dry Grounds almoſt every where; that with white flowers about the Caſtle Walls at *Lewes* in *Suſſex*, and the other about *Rocheſter* Caſtle, and elſewhere: they flower and ſeed in the Summer Moneths.

Nature and Vertues.] *Vipers Bugloſs is cold and dry in temperature, a Solar Herb: the roots and ſeeds are a good Cordial to comfort the Heart, and to expell Sadneſs and Melancholly; it tempers the Blood, and mitigates hot fits of Agues: The ſeed drunk in Wine procures Milk in Womens Breaſts, eaſeth pains in the Loins, Back and Kidneys, and*

is

is a ſpecial remedy againſt the bitings of Vipers, and venomous Beaſts, and againſt poiſon and poiſonous Herbs, Dioſcorides *ſaith, that whoſoever ſhall take of the herb or root before they be bitten, ſhall not be hurt by the poiſon of any Serpent. There is a ſyrrup made thereof after this manner: Take of the clarified juyce of Vipers Bugloſs four pound, of the infuſion of the flowers one pound, fine Sugar three pound, boil it to a ſyrrup, which is effectual to comfort the Heart and expell ſadneſs and Melancholly. The diſtilled water made of the herb and flower when it is in its full ſtrength, is effectual for all the griefs aforeſaid inwardly or outwardly applyed.*

Wall Flowers, or Winter Gillow-Flowers.
Viola lutea.

BOth thoſe which are planted in Gardens, and thoſe which grow wilde upon old Walls are very well known.

Names.] They are called in Latine *Viola lutea*, in Spaniſh *Violettas Amarillas*, and in French *Violieres des murailles*, from their growing on Walls.

Place and Time.] They grow wilde, as I ſaid, upon old ſtone Walls, mighty plentiful upon the Caſtle Walls of *Rocheſter*, and the double kindes are planted in Gardens: they flower very early in the Spring.

Nature and Vertues.] *They are Lunar, and of temperature meanly hot, of thin parts, and of a cleanſing faculty: the yellow Wall Flowers, according to* Galen, *are of moſt uſe in Phyſick; it cleanſeth the Blood, and opens obſtructions of the Liver and Reins, helps hardneſs and pains of the Mother and Spleen, comforts and ſtrengthens any part that is weak or out of joynt, and ſtayeth Inflammations and Swellings; it is a good remedy for the Gout, and Aches and Pains in the joynts; it clears the Eyes from Films and Miſtineſs,*

and

and cleanſeth Ulcers in the Mouth, or other parts, and provokes the Tearms, and expells the ſecondine, or dead Childe; and a Conſerve of the Flowers is good for the Apoplexy and Palſie.

The Walnut Tree. Juglans.

THis Tree is very well known; the Greeks call it Διὸς βαλάνος, *Jovis glans*; and the Latines *Juglans*: they bloſſom early before the leaves ſhoot forth, and the fruit is ripe in *September.*

Nature and Vertues.] *It is a Solar Plant.* Dodoneus *ſaith, the freſh Nuts are cold and moiſt; but others ſay (and that's moſt likely) that they are drying and heating; the Bark doth dry and binde very much, and the leaves are much of the ſame nature; the old Nuts are hot and dry in the ſecond degree, and of harder digeſtion then the freſh. The kernels of Walnuts do comfort the brain, and reſiſt poiſon; or being bruiſed with the quintiſſence of Wine, and applyed to the Crown of the Head, they comfort the Head and Brain. The peels being taken off, they comfort the Stomach, and are ſaid to kill broad Worms in the Belly, being old they offend the Stomach, and increaſe Choller. King* Mithridates *medicine againſt poiſon, was to take in the morning two dry Walnuts, as many Figs, twenty leaves of Rue, and two or three corns of Salt beaten and bruiſed together: the diſtilled water cools and reſiſts the Peſtilence, two or three ounces of it being drunk. The water of the outer husks being diſtilled in* September *is good againſt the Plague, to be uſed with a little Vinegar. The juyce thereof boiled with Honey is good for ſore Mouths, Heat, and Inflammations in the Mouth, Throat, and Stomach. The old kernels mixed with Figs and Rue, cures old Ulcers of the Breaſt, and cold Impoſthumes, and are uſed to heal Wounds of the Sinews, Gangreens, and Carbuncles; and mixed with Rue and Oyl, they are good to be laid to the Quinzy. A piece of*

the

the green huſk put into a hollow tooth, eaſeth the pain thereof: The leaves or green huſks uſed with Bores-greaſe, ſtayeth the hair from falling: The Oyl of walnuts made as Oyl of Almonds is, maketh the hands and face ſmooth, and takes away ſcales, ſcurf, and black and blue marks that come of blows and bruiſes; and being inwardly taken, it expells winde, and helps the Chollick: The young green nuts before they be half ripe preſerved whole in Sugar, do ſtrengthen weak ſtomachs, and help defluxions thereon: The bark of the root (having the upper skin ſcraped off) being made into powder, and tempered with vinegar, and then ſtrained two or three times till it be thin and clear, and drunk liberally, cleanſeth the body very much, and cureth the Ague: The kernels being burned and taken in red wine, doth ſtop Lasks and womens Courſes: The Catkins taken before they fall, and dryed, and a dram thereof taken in powder in white wine, helpeth thoſe that are troubled with riſing of the Mother.

Wold, Weld, or Dyers Weed. Lutea.

Deſcription. IT groweth with many long narrow buſhing leaves, flat upon the ground, of a dark blueiſh green colour, ſomewhat like Woad, but not ſo large, a little crumpled and round-pointed, abiding ſo the firſt year; and the next Spring amongſt them riſe up divers round ſtalks, two or three foot high, having many ſuch like leaves thereon, but ſmaller, and ſhouting forth ſome branches, at the tops whereof and of the ſtalks ſtand ſmall yellow flowers in ſpiked heads, after which cometh ſmall black ſeed, incloſed in heads, divided at the tops into four parts: The Root is long, white, and thick, abiding all the year. The whole Plant becometh yellow after it hath been a while in flower.

Names.] It is called by *Pliny*, *Lutea*, and ſo by *Virgil*; of *Mathiolus Pſeudoſtruthium*; and of *Tragus*, *Antirrhinum*.

Place and Time.] It groweth commonly by wayes ſides both in moiſt and dry grounds, in corners of fields and by-lanes, and ſometimes all over the fields: It flowers about *June.*

Nature and Vertues.] *The temperature of it is hot and dry in the third degree; ſome people uſe to bruiſe the Herb, and lay it to Cuts and Wounds in the Hands and Legs to heal them: It is commended againſt the bitings of venomous Creatures, to be taken inwardly, and outwardly applyed to the place: The Root (as ſaith* Mathiolus) *cutteth and digeſteth tough and raw Phlegm, rarifieth groſs humours, openeth obſtructions, and diſſolveth hard tumours.*

Wheat. Triticum.

THere are many kindes hereof, which are all well known for food, I ſhall therefore ſet down the Medicinal Uſes hereof.

Names.] It is called in Latine *Triticum.*

Nature and Vertues.] *Wheat is hot in the firſt degree, and drying, as ſaith* Pliny; *but* Gallen *ſaith it neither dryeth nor moiſteneth evidently;* Venus *hath particular Influence over it, as ſaith* Culpeper: *I rather believe it to be Solar: Bread made of Wheat taken hot out of the oven, and applyed to the throat, helpeth kernels of the Kings Evil, and applyed to the ear it is good to draw out an Impoſthume of the head; being ſtale and ſteeped in red Roſewater, and applyed to hot, red, inflamed, or blood-ſhot Eyes, it helpeth them: Wheat flower mixed with the white of an Egg, Honey, and Turpentine, doth draw, cleanſe and heal any Byle, Plague-ſore, or foul Ulcers: The flower mixed with the juyce of Henbane, and applyed to the Joynts, ſtayeth the flux of humours thereto: The Meal boiled in Vinegar helps ſhrinking of the Sinnews, and being boiled with Vinegar and Honey, it helps Spots and Pimples in the Face: The Corns of green Wheat being eaten hurt the ſtomach, and breed worms,*

but

but cures the biting of a mad dog, being chewed and applyed to it, (*as ſaith* Dioſcorides.) *The Bran of Wheat-meal being boiled in the decoction of a Sheepſhead, is good in Gliſters to cleanſe and open the body, and eaſe griping pains of the Bowels: The decaction of the Bran is good to bathe ſuch places as are broken by a Rupture; and being boiled in Vinegar, and applyed, it ſtayeth Inflammations in ſwollen Breaſts: It helpeth the bitings of venomous Creatures: The ſaid Bran ſteeped in Vinegar, and bound in a linnen cloth, and rubbed on the Morphew, Scurf, Scab, or Leproſie, will take them away, the body being alſo well purged: Starch which is made of one kinde of Wheat, moiſtned in Roſewater and laid to the Cods, takes away their itching: Wafers made of the fine flower being put into water and drunk, ſtay the Lask and bloody Flux, and is good for the Rupture in Children; and boiled with Roſes, dry Figs and Jujubes, it makes a good Lotion to waſh ſore mouths and throats: The ſame boiled in water unto a thick Jelly, ſtayes ſpitting of blood, being taken and boiled with Mynts, and butter it, helps Hoarſeneſs: Wheat-corns parched upon an iron pan, and eaten, are good for thoſe that are chilled with cold,* (*ſaith* Pliny.) *The Oyl preſſed from Wheat between two hot plates of iron or copper, and uſed warm, heals Tetters and Ring-worms;* and Mathiolus *commendeth the ſame Oyl to heal hollow Ulcers and Chops in the Hands and Feet, and to make the skin ſmooth: The leaven of Wheat-meal is very drawing, it rariſieth hard skin in the hands or feet, warts and hard knots in the fleſh, being applyed with ſome ſalt.*

Whitlow-Graſs, or Nailwort. Paronychia.

Deſcription. THis is a very little Plant, having ſmall leaves growing in little tufts, ſomewhat like thoſe of Chickweed, amongſt which riſeth up a ſmall ſtalk about eight or nine inches long, at the top whereof come very little white flowers growing one above another;

other; after which come in their place ſmall flat pouches conſiſting of three films, which when they are ripe, the two outſides fall away, the middle part remaining a long time after, which is like white Sattin, wherein is the ſeed, which is very ſmall, and of a ſharp taſte: The Root is onely a few ſtrings.

Names.] The Grecians call it παρονυχία, by the ſame name it's known in Latine; and in Engliſh Nailwort, and Whitlow-graſs.

Place and Time.] It grows upon brick and ſtone walls, and old tyled houſes, ſuch as have good ſtore of Moſs upon them, and upon ſhaddowy and dry muddy walls; flowers in *January* and *February*, and vaniſheth away at the approach of hot weather.

Nature and Vertues,] *No other properties have been found hereof, ſave onely it hath been accounted very good for thoſe Impoſthumes in the Nails and Joynts, called Felons and Whitlows; from the effectual curing of which, it took its Name.*

The Willow Tree. Salix.

THe ſeveral kindes hereof are very well known, ſave onely in their Phyſical Uſes.

Names.] *Salix* is the Latine Name; in Engliſh Sallow, Willow, Withy, and Oſier.

Nature and Vertues.] *The Plant is Lunar, of temperature cold and dry in the ſecond degree and aſtringent; both the leaves, bark, and catkins are uſed to ſtay bleeding of wounds, and at the mouth and noſe, ſpitting of blood, and other Fluxes, and to ſtay vomiting, and the deſire thereunto, if the decoction of them in wine be drunk: It alſo helps to ſtay thin, ſharp, hot and ſalt diſtillations from the head upon the Lungs, which cauſe a Conſumption: The leaves bruiſed with Pepper, and drunk in wine, do help the Winde Chollick: The leaves or*

catkins

catkins (which we in Hampſhire *call Goſs-chicken, I ſuppoſe becauſe they bud forth at ſuch time when Geeſe have young) bruiſed and boiled in wine and drunk often, doth abate the heat of luſt, and by much uſage doth extinguiſh it either in man or woman: If you ſlit the bark of a Willow, ſo that you may fit a veſſel to it, to receive a water that will flow or iſſue from it, at the time when it flowereth, the ſame water is good to clear the ſight, and take away redneſs of the Eyes, and Films that begin to grow over them, and to ſtay Rheums that fall into them, to clear the face and skin from ſpots, and to provoke Urine: The flowers boiled in white wine and drunk, dry up humours, and ſo doth the bark: the aſhes of the bark mixed with Vinegar, takes away warts and corns, and callous fleſh in the hands and feet, or other parts: The decoction of the bark and leaves in wine is good to bathe the ſinnews and places pained with the Gout, to cleanſe the head of ſcurf and dandriff: The juyce of the leaves and barks mingled with Roſewater, and heated in a Pomegranate ſhell, is good to drop into the ears to help Deafneſs; a bathe made of the decoction of the leaves and bark; doth ſtrengthen, reſtore, and nouriſh withered and dead members.*

Woad. Glaſtum.

Deſcription. IT groweth up with many large long ſmooth, greeniſh leaves, amongſt which riſeth up a ſtalk two or three foot high, having divers ſmaller leaves thereon; it brancheth at the top, whereon appear ſmall yellow flowers, after which come long and ſomewhat flat husks wherein the ſeed is contained, black and hanging downwards: The ſeed (being a little chewed) gives an Azure Colour: The Root is white and long.

Names,] Mannured Woad is called *Glaſtum ſativum*, and wilde Woad *Glaſtum ſilveſtre*, and *Iſatis*, *Glaſtum Indicum*, *Indico*, or Indian Woad.

Place and Time.] It is planted in Fields and Gardens for the benefit of it, being uſed by Diers; it yields three Crops a year, and a ſtinking ſcent after it is gathered before it is made up for uſe: It flowers about *June*, if it be ſuffered to run up to flower.

Nature and Vertues.] *It is cold and dry, an aſtringent Saturnine Plant, ſo drying and binding, that it is not fit to be uſed in any inward medicine; but an Oyntment made thereof ſtancheth bleeding, and a Plaiſter thereof takes away hardneſs and ſwelling of the Spleen, being applyed to the Region thereof: The ſaid Oyntment is good to dry moiſt Ulcers, to take away fretting and corroding humours, to cool Inflammations, &c.* Anthonies *fire, and ſtay defluxions of blood to any part of the body: It is affirmed to be deſtructive to Bees, to prevent which, if it grow near any Bees, the way is to ſet urine by them, putting it in a veſſel with ſlices of Cork therein, that thereon they may ſave themſelves from drowning.*

Woodbynde, vide *Honey-ſuckles.*

Wormwood. Abſynthium.

THere are three kindes uſual with us, Common Wormwood, Sea Wormwood, and Roman Wormwood.

Names.] Common Wormwood is called in Latine *Abſynthium*, and the Sea Wormwood *Seryphium*, and *Santonicum.*

Place and Time.] They are all well enough known; the Roman Wormwood is planted in Gardens, the Sea Wormwood groweth by the Sea-Coaſts, and the common Wormwood groweth wilde in all Countreys in *England*, and generally near Smiths Forges: They all flower about *Auguſt.*

Nature and Vertues.] *Common Wormwood is hot in the ſecond degree, and dry in the third, of a cleanſing, binding, and ſtrengthening quality; it is ſubjected to the Influence of* Mars:

Mars: *It ſtrengthens the Stomach like Aloes, drawing from the Stomach and Inteſtines Choller and Phlegm, whether it be taken in powder or decoction, or the juyce by it ſelf, or the infuſion in wine or beer; but it offends the head, cauſing drowſineſs and ſleepineſs, and that drink called Purle offends the head of ſome, cauſing it to ake. It is not good for hot Stomachs, nor for thoſe that are ſubject to the Conſumption of the Lungs, Falling-Sickneſs, Apoplexy, Lethargy, and continual Feavers? I have known many receive much hurt by drinking Wormwood Beer and Ale, therefore it ought to be uſed cautiouſly and moderately, and given to bodies fitting for it; and ſo being diſcreetly uſed it purgeth Choller from the Reins and Bladder by Urine: It is good in the Green Sickneſs, Jaundies, and Dropſie, helps Obſtructions in the Liver and Stomach, the Chollick and gripings of the Belly; it preſerves the Blood from putrefaction, reſiſts Drunkenneſs, helps vomiting at Sea, and killeth Worms: It cleanſeth the Womb and Uterine parts, drives away the Hiccough, procures a good appetite, expells Winde, helps Crudities, and prevails in intermitting Agues and Obſtructions of the Entrails: Vinegar wherein Wormwood hath been boiled helps a ſtinking breath proceeding from the teeth or ſtomach, and provokes Womens Courſes, and helps ſuch as have hurt themſelves by eating Toadſtools, being but ſteeped in vinegar and drunk; Wormwood-wine is good for all the forementioned purpoſes, except for ſuch as have Fevers: Being outwardly applyed it kills worms in the belly or ſtomach; the juyce with honey helpeth dim Eyes, and mixed with Nitre it helps the Quinzie, being anointed therewith; and likewiſe mingled with Honey, and anointed, it takes away black and blue ſpots in the skin: The decoction thereof received by a Funnel, helpeth ſore and running Ears, and the Tooth-ache, and the Temples bathed therewith it helps the Head-ache proceeding from a cold cauſe; being bruiſed and applyed with Roſewater to the ſtomach, it*

comforts ſuch as have been long ſick: Being uſed with Figs, Vinegar, and Darnel-meal, it helps hardneſs of the Spleen, and a hot ſharp water running between the fleſh and the skin; if the skin be rubbed with the juyce or oyl of Wormwood, it keepeth away Fleas and Knats; and the Herb laid in Preſſes or Cheſts amongſt Clothes, preſerves them from Moaths and Worms.

Xylo Aloe.

THis Indian Tree is called by the Grecians Ἀγάλλοχον and ξυλοαλόη, in Latine alſo *Xylo aloes*, and *Lignum Aloes*; in Engliſh, Wood of the Aloe-tree, Lign Aloes, and Wood Aloes: It groweth in *Malana* and *Sumatra*, places in the Eaſt Indies very dangerous, being much haunted by Tygers.

Temperature and Vertues.] *It is hot and dry in the ſecond, and according to the judgement of ſome in the third degree, of ſubtle parts, a little aſtringent and bitter: This wood is uſed as a main Ingredient in thoſe Powders and Electuaries which are uſed to ſtrengthen the heart and inward parts, to reſiſt faintings and cold diſeaſes of the heart, and corroborate the ſpirits, for which it is very effectual: It is alſo uſeful in the Apoplexy, Palſie, Lethargy, and loſt Memory, by ſtrengthning and drying the brain, and ſtopping rheumatick deſluxions which cauſe thoſe Diſeaſes: It helps faint Sweatings, Dyſenteries, Lasks, and Pleuriſies, expells Winde, dryeth up Crudities, fortifies a weaks Stomach, and reſiſts Putrefaction; for which it is uſed in divers Cordials and Antidotes: The Extract thereof is good for the foremention'd Diſeaſes: It is uſed outwardly in fumigations to dry up Rheum, and in Quilts for that purpoſe, it helps alſo cold diſeaſes of the Womb: The fumigation thereof is ſaid alſo to provoke the Tearms, it helps cold diſeaſes of the Womb, and killeth Worms by reaſon of its bitterneſs; as much of the powder thereof as will lye upon a groat*

groat being taken three mornings together either in broth or wine, is profitable in diſeaſes of the Liver and Spleen, openeth their obſtructions, and ſtrengtheneth them.

Yarrow. Millefolium.

Deſcription. IT hath many long leaves lying upon the ground, which are divided or finely cut into many ſmall parts, finer then Tanſie, a little jagged about the edges, amongſt which riſe up two ſtalks round and green, with ſuch leaves, but ſmaller and finer the nearer the tops, where ſtand many ſmall white flowers upon a tuft or umbel, each flower having five leaves, with a yellowiſh thrum in the middle, ſomewhat ſtrong in ſcent, but not unpleaſant: The Root is deep and ſpreading, conſiſting of many white fibres.

Names.] It is called in Latine *Millefolium*, and of ſome *Supercilium Veneris*; in Engliſh Millefoil, Yarrow, Noſebleed, and thouſand leaf.

Place and Time.] There are very few Paſture-grounds free from it: they flower in *July* and *Auguſt*.

Nature and Vertues.] *Yarrow is meanly cold and dry, and ſomewhat aſtringent, an Herb of* Venus, *and is excellent good for Ulcers and Inflammations of the Privities, and for inward Excoriations of the Yard, the juyce being injected with a Seringe.* Mathiolus *commends it againſt piſſing of blood, an ounce of the powder of the herb and flowers, with a dram of fine Bole-Armoniack being taken three dayes together faſting in a draught of milk: The ſame powder taken in Comphrey or Plantain-water, is excellent to ſtay inward bleedings, and ſtayeth the bleeding of freſh wounds being ſtrewed thereon, and being put into the noſtrils ſtayeth bleeding at noſe: The juyce put into the Eyes, cleareth them of blood and redneſs; and the root or green leaves chewed in the mouth, eaſeth the Tooth-ache: The juyce of the herb and flowers taken in Goats milk, or the diſtilled water, ſtayeth the run-*

running of the Reins in men, eſpecially if taken with a little powder of Corral, Amber, and Ivory: The decoction of Tarrow in white wine being drunk, ſtoppeth womens Courſes, and the bloody Flux; and a good quantity thereof boiled in water, and made into a bathe, and ſate over, performeth the ſame: It is good to cloſe up the ſtomachs of thoſe in whom the Retentive Faculty is ſo weak, that they diſgorge or vomit up whatſoever they eat: It is a good Medicine for an Ague, a draught thereof being drunk before the fit come, and uſed for two or three fits together: An Oyntment made of the herb is good for green wounds, and alſo for Ulcers and Fiſtula's, eſpecially ſuch as abound with moiſture: The ſaid Oyntment or Oyl is good to ſtay the ſhedding of hair, the head being anointed therewith.

Yew Tree. Taxus.

THis Tree is well known for hard timber, and good to make ſtrong Bowes; the Latine name thereof is *Taxus*: but it is not mentioned by me for any medicinal Vertue that is in it, though the bark thereof is by ſome uſed inſtead of that of Tamarisk, I ſay not how judiciouſly.

Nature and Vertues.] *Yew is hot and dry in the third degree, and hath ſuch an attractive quality, that if it be ſet in a place ſubject to poyſonous vapours, the very branches will draw and imbibe them: Hence it is conceived, that the judicious in former times planted it in Church-yards on the Weſt ſide, becauſe thoſe places being fuller of putrefaction and groſs oleaginous Vapours exhaled out of the Graves by the ſetting Sun, and ſometimes drawn into thoſe Meteors called* Ignes fatui, *divers have been frighted, ſuppoſing ſome dead bodies to walk, others have been blaſted, &c. not that it is able to drive away Devils, as ſome ſuperſtitious Monks have imagined; nor yet that it was ever uſed to ſprinkle Holy-Water, as*

ſome

ſome quarrelſome Presbyters, altogether as ignorant of natural Cauſes, as the ſignification of Emblems and uſeful Ornaments, have fondly conceived. Whereſoever it grows, it is dangerous and deadly both to man and beaſt, according to moſt Authours, how much more then if it be encompaſſed with Graves, into which the leſſer Roots will run and ſuck nouriſhment, (poiſonous mans fleſh being the rankeſt poiſon that can be) yet a certain Vicar unwilling to own the effects thereof upon his Cows would fain deny it to be ſo: Other Creatures as Rabbits have been poiſoned with it, and the very lying under the ſhadow hath been found hurtful: Yet the growing of it in a Church-yard is uſeful, and therefore it ought not to be cut down upon what pittiful pretence ſoever.

Zedoary. Zedoaria.

Deſcription. IT is a Root growing in the Eaſt Indies, called in Latine *Zedoaria*, growing much like unto Ginger.

Nature and Vertues.] *It is hot and dry in the ſecond degree: It ſtops Lasks, and is good againſt venomous bitings, ſtoppings and pains of the Stomach: It ſlayes vomiting, helps the Chollick, amends a ſtinking Breath, and is a very good Antidote againſt the Plague, and other contagious Diſeaſes.*

FINIS.

An Alphabetical Table of all the *Herbs* and *Plants* contained in this Book, with their ſeveral Latine Appellations, directed to their ſeveral Pages.

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